



Smoking & Vaping Cessation Support

If you want to quit smoking or vaping but are unsure how to start, or you've tried to quit and haven't succeeded, the free and confidential EAP benefit provided by your employer can assist.

Your EAP benefit is available 24/7 and includes:

- Connection to a Mental Health Professional capable of helping with your addiction, finding the root cause, and advising on how to quit effectively.
- Unlimited use of your Virtual Concierge for research and information on relevant topics.
- Consult a wellness coordinator for advice on healthy coping mechanisms, or additional cessation resources.
- Online access to additional work/life benefits to assist you through the process.

Available to you and your eligible family members!

1.800.327.2255 | Log-on at www.nexgeneap.com | Mobile App: NexGenEAP