

You lived for years without tobacco

**And you'll be able to live
without tobacco again.**



NEED MORE REASON
TO GIVE UP TOBACCO?

*Use the QR code reader on your
mobile device to view a short video.*

Ready to quit or reduce your use?

If you're like most people, you need help to deal with nicotine cravings and form new, healthy habits.

UMR's health coaches are here for you.

Call us today 800-207-7680

Find more in the **health center** on **umr.com**



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