



Trying to quit? You can do it!

Ready to try something new? You may have tried to quit in the past without success. Get the boost you need to quit—and quit for good—with the Clickotine app and coaching.



Clickotine app

Clickotine is an innovative program that uses clinically-driven app technology to help you create and stick to a quit plan and overcome nicotine cravings. Based on clinical trials and data, Clickotine has a high success rate and includes these key features:

- ✓ **Personalized messaging:** Receive personal messages that keep you on track toward your quit goal.
- ✓ **Controlled breathing:** Monitor and control your breathing—an effective way to reduce nicotine withdrawal symptoms.
- ✓ **Real-time social support:** Post comments and share encouragement with others trying to quit.
- ✓ **Replacement distractions:** Get help diverting cravings to healthier actions.
- ✓ **Money saved:** Track how much money you've saved since your quit date—a powerful motivator for quitting.

Ready to get started?

1. Log in to MagellanAscend.com
2. Click on the Smoking Cessation Program tile
3. Follow the steps to create your account and you're on your way to quitting smoking—that's it!

For technical assistance contact support@clicktherapeutics.com or call Click toll-free at 877-352-5425 (Monday–Friday: 9am–6pm ET)

Coaching to help you quit

Professional tobacco cessation health coaches are available by phone to help you create and stick to an action plan. Coaches will:

- Assess your tobacco use and history of use including the kind of tobacco and frequency of use.
- Evaluate your past attempts to quit, including what worked and didn't.
- Provide education and resources on topics including nicotine addiction, health effects, medication options, etc.
- Discuss barriers to quitting, triggers and coping methods.
- Help you set specific and measurable goals including a quit date.



windstream

Employee Assistance Program

1-800-327-5569