



BlueCross BlueShield of Illinois



### 12 Hours

The carbon monoxide level in the blood drops to normal.

### 2 Weeks to 3 Months

Lung function begins to improve.

### 1 to 9 Months

Coughing and shortness of breath decrease.

## Tobacco Cessation Programs May Help Your Employees Lead Healthier Lives

Our Well onTarget tobacco cessation programs consist of methods to help members learn to quit smoking with innovative lessons developed using the most current academic and medical research.

### Interactive, digital self-management programs consisting of:

Quitting Tobacco and Staying Tobacco Free focus on behavior changes and using small habits connected to actions the member already does on a daily basis to build and reinforce healthier habits overall. These online programs guide the participant through the process of quitting tobacco permanently.

The six-week-long programs require daily interaction with members to make them most effective. It takes only about four minutes to check in and take advantage of the daily resources offered. The member takes midpoint and endpoint assessments to tell us how they did and whether or not the program and the changed habits helped them move closer to, or reach their personal goal.

Members can sign up for the Tobacco Cessation Programs in the Well onTarget Portal at [wellontarget.com](http://wellontarget.com). For more information call **877-806-9380**.

Well onTarget®

**Did You Know:** After quitting, the body begins to repair the damage caused by smoking.