

Smoking is a real drag

Get going and find help at the Personal Health Manager

Ready to snuff out the smoking habit? Then it's time you paid a visit to the **Personal Health Manager**. It's your personalized, online support resource that offers you a breath of fresh air when it comes to smoking cessation. With the **Personal Health Manager** tools, you can:

- *Ask A Life Coach* to get support and answers to your smoking-related questions
- Use *My Charts* to track your progress along the way
- Save data and view graphs in *Wellness Tools* for more detailed information about your success

Light up your life — not your cigarette — with the **Personal Health Manager's** smoking cessation support tools at Blue Access® for Members.



**BlueCross BlueShield
of Illinois**

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