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Quit smoking with BREATHE™

HealthMedia® Breathe™ is a free online program that helps give you a complete look at why it's hard to quit smoking and supports your motivation to give up the habit. The program has successfully helped 58 percent of its participants stop smoking.*

The Breathe™ program identifies some key areas that can help you succeed, including:

- Boosting self-confidence
- Coping with stress
- Dealing with cravings
- Finding healthy alternatives to smoking
- Getting support from family and friends

Take our free smoking cessation program today.

To get started, go to **kp.org/healthylifestyles** and click on "Quit smoking."[†]

Once you complete the online questionnaire, you'll receive a customized action plan that shows you successful ways to quit smoking and breathe easier.

You can review your plan online anytime you like—24 hours a day, seven days a week—or print out a copy to share with your physician at your next office visit.

Live smoke-free and stay that way with Breathe™.

*Kaiser Permanente Program Outcomes, HealthMedia®, January 2009.

[†]This program requires you to be registered with our Web site. If you haven't registered yet, go to **kp.org/register**.

kp.org/healthylifestyles