



Health Breathing



Participant Requirements

Advocate Health Care associates participating in the Health Plan, and their covered spouse/or domestic partner. Dependents are not eligible.

Program Description

Telephonic coaching and web support through Nationwide Better Health™; with an emphasis on tobacco cessation.

Coaching Conversation

Participants will engage in intrinsic thinking with a Nationwide Better Health™ Lifestyle Coach to identify attainable goals and motivation for success. Advocate associates who want the additional support from a health coach, can enroll to engage in better thinking for better outcomes.

Number of Coaching Calls

9 coaching calls within 12 weeks.

Incentives

Discounted co-pays for prescription support and reduced shipping and handling charges for over the counter Nicotine Replacement Therapy through GlaxoSmithKline (GSK).

Who to Call

To enroll in the complimentary health coaching program, please call Nationwide Better Health™ at 1-866-835-5067. Identify yourself as an Advocate Health Care associate or spouse for enrollment into the Smoking Cessation Program.

The program is free and confidential. Studies show that success rates for smoking cessation increase to 50% with support from a health coach.

