

Reach your tobacco cessation goals

with the support of a health coach

When you're trying to quit smoking, extra support can make all the difference. With the telephonic Well-being Coach program, you'll have access to a coach for personalized guidance through phone visits.



Custom action plan



Quit tobacco

Coaching support includes:

- Access to a coach by phone.
- Support for quitting tobacco before, during, and after you choose a quit date.

Your telephonic Well-being Coach is here to encourage and inspire you as you change old habits and embrace a healthier life.

To earn the tobacco-free incentive through GEON:

- Attend at least three coaching sessions.
- Meet the goal you set with your coach.

GEON will receive a list of members who complete their coaching sessions and meet their personal goals.



Start today

Call 833-985-8464 to connect with a health coach today. It's available at no additional cost to you.

