



Break free from your tobacco habit



Achieve Well-being from Independence Administrators is a motivating and personalized set of tools and resources that can help you achieve what's important to you in a way that's simple, easy, and fun.

Quit tobacco for good with the help of Achieve Well-being

Finally, you can conquer your health goal of being tobacco free with the help of our Tobacco Free program — a unique smoking cessation program that teaches you new ways to deal with the urge to smoke.

Innovative tools to help you quit

The Tobacco Free program includes:

- A quit plan rooted in the science of behavior change
- Tobacco reduction tracker tool
- Tips to deal with urges, triggers, and cravings
- Tips and tools to cope with relapse
- Messages, reminders, articles, and videos to increase motivation
- Certificate of completion

Personalized online and mobile tools that work for you

Visit myibxtpabenefits.com to start your well-being journey today!

How to get started

1. Log in to myibxtpabenefits.com. Under the Health & Well-being tab, select Achieve Well-being. Under your Action Plan, choose Add New, select Tobacco Free, then select Next to start a new program.
2. Develop your quit plan and set a goal for what your tobacco-free future looks like.
3. Complete the daily activity and track your progress. The program provides new content every day for seven days. Each tool will prepare you to handle triggers and urges in a mindful way. Sign in every day to complete the daily activity.

Independence

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