

# Know Your Health<sup>®</sup>

## A New Look at Why I Smoke and How to Quit

Smoking is more than a habit and it takes a broad understanding of the effects of smoking in order to support those who want to quit.

Quitting can bring health benefits at any age.<sup>1</sup>

This certifies that

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hosted a My Health Account<sup>™</sup>: To Stop Smoking program,  
thereby demonstrating outstanding support for individuals who want to quit.

*Thank you!*

