Know Your Health®

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.¹

This certifies that

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

Thank you!





1. Schroeder SA. What to do with a patient who smokes. JAMA. 2005;294(4):482-487.

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