



LifeWorks (Advice to fit your life.)

Think it's too late to quit smoking? It's not. Find out how LifeWorks Wellness can help.

If you're a long-time smoker, you may worry that it's too late to quit. The truth is it's *never* too late. Quitting has immediate benefits including:

- *You have more energy.* When you stop smoking, your oxygen level increases and your carbon monoxide level drops.
- *You add to the length and quality of your life.* Among smokers who quit at age 65, men gained 1.4 to 2 years of life and women gained 2.7 to 3.4 years. You'll also be less likely to suffer from smoking-related illnesses.
- *You'll be a good role model.* Quitting tobacco will send a positive message to the important people in your life, especially children and grandchildren.

Call anytime to speak with a LifeWorks health coach who can give you the support you need to quit. You'll also find a wealth of online resources at www.lifeworks.com that can help, including:

- **Online workshops** on quitting smoking or using tobacco
- **Healthwise Knowledgebase library** offering thousands of explanations of medical conditions, symptoms, tests and treatments, featuring animated and expert-hosted videos
- **The ability to message a coach** anytime you have a question or need support

Call LifeWorks at 888-267-8126 and ask about health coaching or visit www.lifeworks.com (user id: university; password: dayton) and click on the Wellness feature to enroll online.
En español: 888-732-9020, TTY: 800-346-9188.

