

Want to quit? Help is here.

Support for Tobacco Cessation

KGA, your Employee Assistance Program, knows how to help people who are trying to quit cigarettes and other tobacco products (e.g., e-cigarettes, vape pens, Juul). If you've ever tried to quit before, you know how truly addictive nicotine can be. There is no one "right way" to quit.

Regardless of where one might be in the tobacco cessation process, KGA offers free, confidential help 24/7. We also provide consultations to co-workers and family members as they support others who are quitting.

KGA can help:

Assess your readiness to quit

Create your quitting plan

Identify your triggers

Develop relapse prevention plan

Find stress management
alternatives to nicotine

Recommend behavior
modification techniques

Provide information on:

Medication

Nicotine replacement therapy

Text based cessation tools

For most, the biggest challenge isn't quitting. It's staying tobacco-free. Let KGA help you along the way.



More Human. More Resources.

For more support, contact KGA at:

www.my.kgalifeservices.com

800-648-9557

info@kgreer.com

For easy access,
download our app, KGA Mobile:

