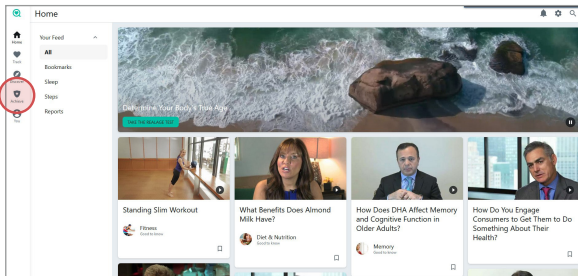


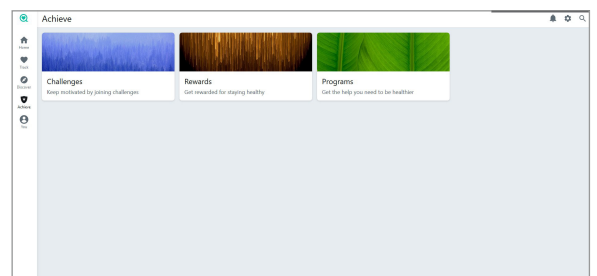
JOIN THE ONLINE TOBACCO CESSATION PROGRAM

1 Go to **BeWellSHBP.com** and click **Log in here**. Sign in using your username and password.

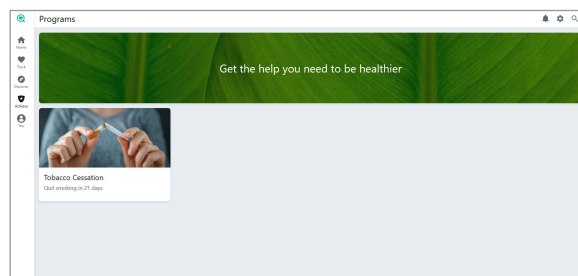
2 Click on Achieve.



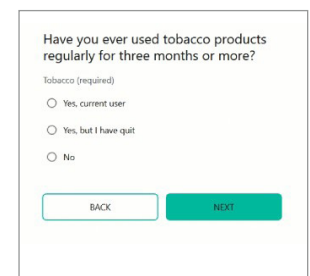
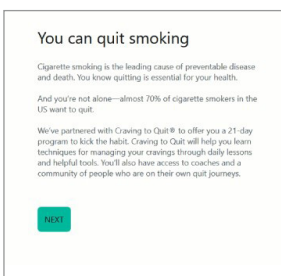
3 Click on Programs



4 Click on Tobacco Cessation.



5 Answer the questions and follow the prompts.



- 6 You will be automatically redirected to the tobacco cessation program. Answer the questions and click continue.

Complete your profile so we can customize the program for you

First Name
FTSHBPXVEAUOTDBSPZLD

Last Name
LTSHBPJMWSAQHWHRAWUT

53 Male

How many cigarettes do you smoke per day? 1

How much do you typically pay for a pack of cigarettes? 3

When would you like to quit?
2020-01-13

Language
English

How many cigarettes do you smoke per day?
1

How much do you typically pay for a pack of cigarettes?
3

When would you like to quit?
2020-01-13

Language
English

CONTINUE

Privacy 100% guaranteed -- we never share this information.

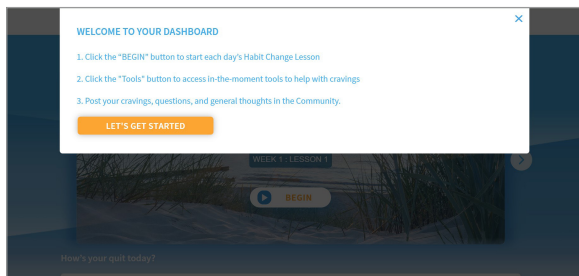
By signing up to Craving To Quit you agree to our [Terms of Use](#) and [Privacy Policy](#)

- 7 Download the app and click “Log in with Sharecare” or click continue to use your computer.



TO RETURN TO THE TOBACCO CESSATION PROGRAM

Follow the same steps 1 – 4, then you'll be automatically logged in.



Be Well SHBP
BeWellSHBP.com
888-616-6411

