



Quit for good with a proven support plan

Teladoc gives you the resources, support and accountability you'll need to get through each day tobacco-free. **To enroll in our free Tobacco Cessation program, simply request a General Medical visit** and tell the doctor you're interested in the program.



Ongoing support and follow-up from a tobacco cessation coach at regular intervals



24/7 support hotline available to answer questions and provide helpful resources



FDA-approved medication for tobacco cessation can be prescribed if necessary

Take the first step to being tobacco-free

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (800-835-2362) | Download the app  