



Anti-smoking initiatives

# We want to help everyone quit

CVS Health has dedicated significant resources to an array of anti-smoking initiatives to help everyone on the path to better health.

## We're helping create the nation's first tobacco-free generation

Be The First is our \$50 million program aimed at helping youngsters and students avoid tobacco. It combines anti-smoking education, tobacco control advocacy and healthy behavior programs as part of our \$100 million Building Healthier Communities initiative. An additional \$10 million program sends clinicians into classrooms and communities to teach young people about the risks of e-cigarette use.

Learn more at [CVSHealth.com/tobaccofree](https://CVSHealth.com/tobaccofree).

## Get personalized support at your local MinuteClinic®

Start to Stop® at MinuteClinic provides one-on-one counseling and ongoing support with a nurse practitioner that includes:

- Dependence assessment
- Individualized smoking cessation plan
- Nicotine-replacement suggestions or prescriptions, if needed
- Visit summaries sent to your provider with your permission

Learn more at [CVS.com/minuteclinic](https://CVS.com/minuteclinic).



## Your CVS Caremark® benefits are ready to help

Your prescription benefit plan offers different ways to help you quit smoking. Talk to your doctor about prescriptions and over-the-counter options to see which is best for you.