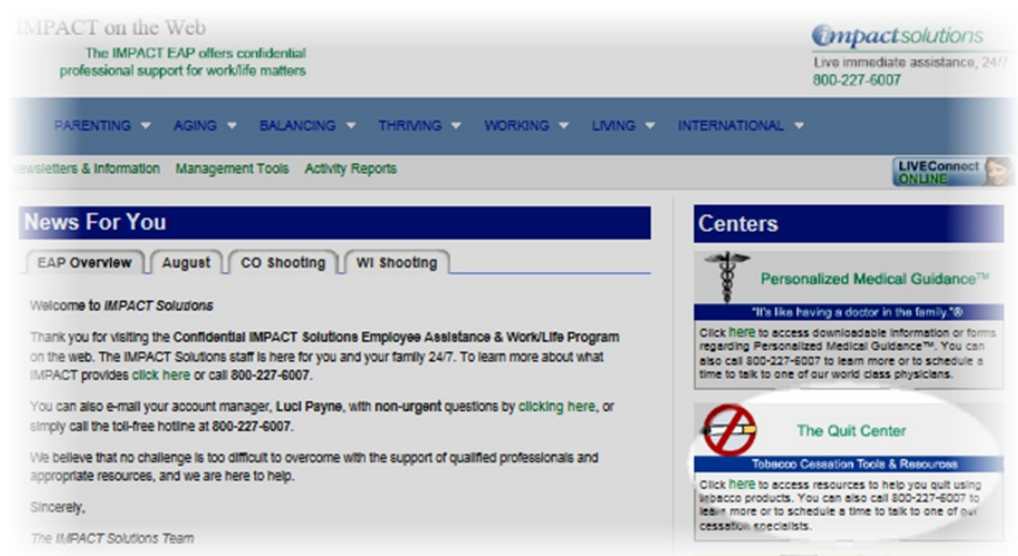


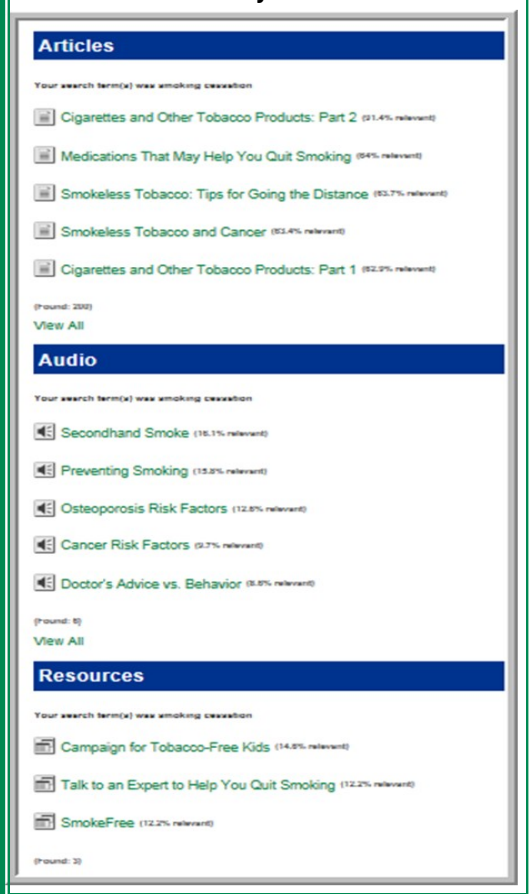
Did You Know...

IMPACT on the web has a Quit Center?

Tobacco addiction is a chronic disease that often requires multiple attempts to quit. Although some users are able to quit without help, many others need assistance. That is why your IMPACT Employee Assistance & Work/Life Program created the *Quit Center* to help you (or a significant other) quickly identify the resources, tools and professional help needed to help you reach your goal.



A sampling of some of the tools and resources currently available via web:



IMPACT support includes:

» Telephone Coaching

IMPACT Solutions' Quit Specialists, certified in tobacco cessation techniques, can structure telephonic coaching sessions and resource material based on your individual goals.

» Web Resources

Visit www.MyIMPACTSolution.com to view hundreds of tools and resources available to assist you with tobacco cessation. The *Quit Center* includes easy access to online tools in one convenient location including:

- Tobacco cessation modules
- Resources
- Support
- Educational materials

Call IMPACT Solutions at 800-227-6007 or visit IMPACT on the Web at www.myimpactsolution.com for additional information regarding PMG services or to access a PMG physician