

Quit Tobacco with Wellness Coaching

The Quit Tobacco program can help you live your life free of tobacco and vaping with the support you need to make it a reality. It includes an on-demand coach, an online course plus activities and interactive tools to help you along the way.

Plus, it's all included in your benefits, so there's no additional cost.

Here's what you can expect:



Commit to Quit

Check out the benefits of quitting, find your motivation, and choose a quit date.



Set Up for Success

Learn how to tobacco-proof your life with information on medications for quitting and strategies for managing cravings.



Get Support

Discover how support networks can help you connect with others when you need it.

Get started today at ymca.werally.com or call 1-800-478-1057, TTY 711.

Connect with a coach 7 am to 10 pm Monday-Thursday, 7 am to 7 pm Friday, 8 am to 4:30 pm Saturday, Central Time.

YMCA Employee Benefits

The program is not an insurance program and may be discontinued at any time. The information provided through the program is for informational purposes only and provided as part of your health plan. It is educational in nature and should not substitute for medical advice.