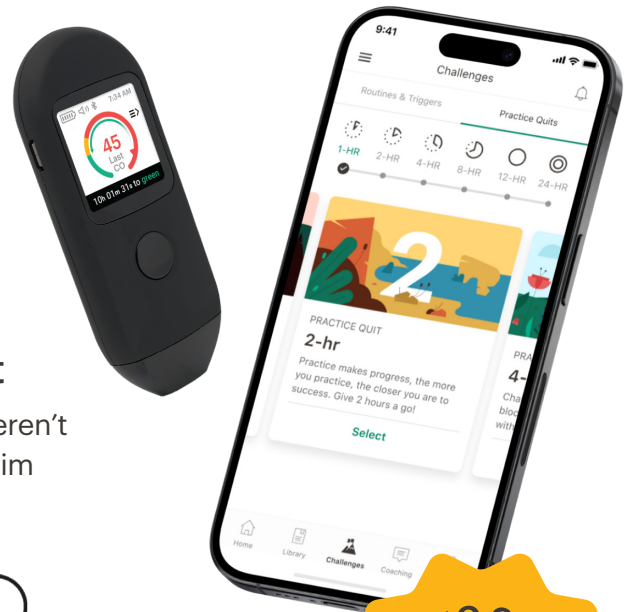


# Pivot now, quit smoking when you're ready

There's no pressure to quit smoking with Pivot

Pivot has a proven record to help people quit, even if they weren't ready when they joined. It's all about taking the first step. Claim Pivot at no-cost.



Claim Pivot



Download the App



Set Your Goal



Sync Your SmartSensor\*



Connect with Your Coach

## What happens after I complete the Pivot program?

You must complete at least 6 activities per week for a total of 6 weeks (not consecutive) to satisfy your program goals.

### ENGAGEMENT INCLUDES:

- Completing a Pivot lesson or activity
- Engagement in a coaching interaction
- Sampling with CO Sensor
- Posting in Pivot's online community
- Ordering NRT
- Advancing status between Learn, Reduce, Quit, or Maintain
- Setting a Quit Date
- Quit (self-attested or CO validated)



Learn More



## Get Started!

Pivot is available at **no cost** to Medical Mutual members ages 18+.

Scan or click the QR code above to visit [pivot.co/medmutual](https://pivot.co/medmutual) to learn more.

*\*NRT and the Pivot SmartSensor are only available to those who smoke cigarettes.*