



## 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/social-responsibility/be-the-first](https://www.CVSHealth.com/social-responsibility/be-the-first).

### 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://www.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.