



Say goodbye to smoking

Make it personal

Identifying and focusing on your motivators for stopping smoking can help you maintain your commitment to healthier behaviours. **So, why do you want to quit?**



Improve my health



Have more energy



Feel good about myself



Save money



Help keep my family healthy



Have my full sense of taste and smell



Set a good example



Be there for my children

For help stopping smoking, search Aetna International's **'Quit smoking support & resources'** hub. With the right tips and support, you can break the habit. Stay strong. If you slip up one day, just refocus and try again. **You can do this.**

Aetna® is a trademark of Aetna Inc. and is protected throughout the world by trademark registrations and treaties.

[AetnaInternational.com](https://www.aetna.com)

©2020 Aetna Inc.
66.03.446.1 (5/20)

