

# Struggling to quit smoking, vaping or dipping?

## Ask about the Vanderbilt Nicotine Treatment Program:

- Treats the underlying cause of addiction—nicotine
- Six-week program, with follow-up sessions offered for up to a year
- Convenient virtual support groups
- Includes prescribed medication, such as nicotine replacement patches and gum



To sign up, contact your HR representative.

VANDERBILT  HEALTH



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# The Vanderbilt Nicotine Treatment Program

A proven way to help you quit  
tobacco and nicotine