



Kick Nic Tobacco Cessation Program

Provided by Be Well Solutions for benefits-eligible employees

What is Kick Nic?

Kick Nic is a voluntary 8 - 10 week tobacco cessation program that allows you to work one-on-one, virtually or telephonically, with a Be Well Solutions' Freedom from Smoking Facilitator.

Personal Health Coaching

Your personal Kick Nic coach supports you every step of the way by giving you guidance, motivation, and tools that have worked for thousands of people who now lead tobacco-free lives.

After signing up for the program, you and your coach will work together through the 8 - 10 week program to design a personalized quit plan, set a quit date, and work on transitioning to a permanent tobacco-free lifestyle.



How to Sign Up

- Visit portal.bewelldata.com and click *Virtual/Telephonic Nutrition Counseling and Health Coaching* to schedule a Health Coaching session. Identify Kick Nic as the main topic you'd like to discuss.
- Contact Be Well Solutions at ksu@bewellsolutions.com or 216-378-0888.



The cost of this program is covered in full by Kent State University for its full-time, benefits eligible employees.