

Better Health Through Better Living



CCT is partnering with ASHLINE to provide you with this benefit at no charge.



Quitting tobacco is difficult, but the expert coaches at Arizona Smokers' Helpline (ASHLINE) can help you succeed by developing a quit plan that works for you! Coaches are available Monday through Saturday by telephone, text and email to help you with your quit.

If you are interested in quitting, please visit:

<https://forms.ashline.org/employee-enrollment>

Questions? Please contact your Wellness Consultant, Megan Wolford, at CCT@ecollinsandassociates.com.