



## Is this the year you go smoke-free? Give yourself the best chance to succeed.

[Quit today](#)

Live a healthier life. Introducing Sun Life’s new Can Quit program, in collaboration with the Ottawa Heart Institute (OHI).<sup>1</sup> People who participate in similar programs are up to 7x more likely to succeed.<sup>2</sup>

Now you and your loved ones have convenient, virtual access to a dedicated quit smoking program for individuals who smoke cigarettes or vape – at no cost.

- **A personalized 6-month program** to guide you on your quitting journey with monthly check-ins.
- **Virtual coaching** from a Nicotine Dependence Coach.
- **Advice on aids and medications**, such as nicotine replacement therapies, to help you succeed.

**You already have access.**

[Quit today](#)

### **<sup>1</sup>About the OHI**

This program has been deployed in over 500 hospitals and clinics across Canada and focuses on implementing a systemic approach to address nicotine dependence. This may include a combination of individualized counselling, check-ins, and medication advice to help individuals become smoke free.

<sup>2</sup>The National average for Canadian's who attempt to quit smoking without any program intervention is 4%. Comparably, up to 36.5% of individuals who use combination therapies such as patch and gum or spray are smoke-free within 6 months. **Treating Tobacco Use and Dependence, 2008 Update.**

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Life's brighter under the sun