

2025 MAY

Wellness Care Package



Nicotine cessation + reduction programs

Quitting is hard, yet millions of people have done it—and you can, too!

Quitting also takes time. Most people try multiple times before succeeding. So, no matter if it's your first, third, or tenth attempt, we're here to help.

Get one-on-one help with one of our free programs, open to anyone 18 years and older, regardless of insurance.

Freedom from Smoking

A seven-week program to help you set a quit date and stay quit.

Reduction program

A four-week program to help you reduce your use and practice quitting.

Both programs include:

- Plans for quitting/reducing use
- A view of your triggers and urges
- Coping strategies and support
- Personalized solutions

[Email us](#) to sign up or click to [learn more](#).

Mental Health Awareness Month

Just like physical health, you also have mental health, and it's equally important for your overall well-being. It's not just about feeling good or bad— your mental health affects the way you think, feel, and relate to others.

One in five U.S. adults experience mental illness each year. Understanding that you're not alone and that mental illness is common, helps to reduce the stigma surrounding mental health. The best way to celebrate Mental Health Awareness Month and overcome the stigma is to talk openly about it.

Mental health is on a spectrum known as the Mental Health Continuum, and it can change from day to day, so the level of support needed may also change. Learn more about the Mental Health Continuum, play mental health bingo, and get information on providers and support with the May [Mental Health Awareness Month toolkit](#).

Spring cleaning is good for your mental health

One aspect of spring cleaning is decluttering. Removing unnecessary items and organizing has many mental health benefits. Decluttering can help with the following:

- Reduce stress and anxiety
- Improve focus and concentration
- Enhance a sense of control
- Increase productivity
- Improve mood

Get started with our featured REAL Goal: [Declutter Your Home](#) or [explore more](#) pre-set goals and supplemental resources.



Explore more

Visit Central.Medica.com/Wellness

