



PIVOT BREATHE

A Modern Tobacco Cessation Program

Medical Mutual offers Pivot, a free tobacco cessation and coaching service for medical plan participants age 18 and over.

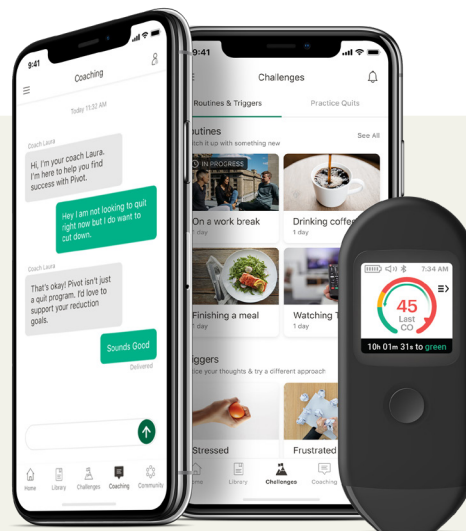
What is Pivot?

Unlike other smoking cessation programs, Pivot doesn't start with quitting. Instead, Pivot focuses on your unique journey through a personalized app with content tailored to your goals, direct access to a human coach, and the popular FDA-cleared hand-held SmartSensor*, proven to motivate people to quit. That means no classes, phone calls, or obligations — use Pivot when you need it, wherever you need it.

What is included with Pivot?

Everyone enrolled in Pivot will have support with the following tools and resources:

- FDA-cleared SmartSensor*
- Free Nicotine Replacement Therapy* (gum, patches or lozenges)
- Behavioral change Pivot app
- Dedicated health coach
- 24/7 supportive community
- Tools and challenges to curb cravings



How do I get started?

Scan the QR code or visit pivot.co/medmutual

scan me



What happens after I complete the Pivot program?

You must complete at least 6 activities per week for a total of 6 weeks (not consecutive) to satisfy your program goal.

ENGAGEMENT INCLUDES:

- Completing a Pivot lesson or activity
- Engagement in a coaching interaction
- Sampling with CO Sensor
- Posting in Pivot's online community
- Ordering NRT
- Advancing status between Learn, Reduce, Quit, or Maintain
- Setting a Quit Date
- Quit (self-attested or CO validated)

If you have questions about the Pivot program or need technical support once in the program, please reach out to support@pivot.co.

**The SmartSensor and Nicotine Replacement Therapy are for those who smoke combustible cigarettes.*

How do I get started?

Scan the QR code or visit
pivot.co/medmutual

scan me →

