



Adobe Smoking Cessation Programs and Resources

Adobe offers support to help you quit smoking or using other tobacco products through the employee assistance program (EAP) and other wellbeing programs. If you have questions about the smoking cessation resources, [submit a case with the ERC](#).

See what's available in your region: [U.S.](#) / [India](#) / [Rest of World](#) / [Global Wellbeing Programs](#)

U.S.

Spring Health EAP

The [Spring Health EAP](#) is available to all regular Adobe employees (regardless of medical plan enrollment), their spouses and dependents. Interns have access to work-life resources.

Spring Health provides members an opportunity to share their struggles with tobacco use and get support via 20-minute coaching sessions with a Care Navigator or 10 free 50-minute sessions with a licensed mental health care provider.

Additional resources, such as articles and audio recordings, can be found through Spring Health's work-life services. Go to adobe.springhealth.com, enter the access code: adobe, and type in a key word such as "smoking" in the top right to populate a list of helpful resources.

Aetna members

Eligible health services through your Aetna health plan may include the following services to help you to stop the use of tobacco products:

- Preventive counseling visits
- Treatment visits
- Classes
- Tobacco cessation prescription and over-the-counter drugs

Manage your care and learn how to get the most out of your health plan on the [Aetna website \(Okta SSO\)](#), or call the [Aetna Service Advocate](#) or an [Aetna Nurse Care Manager](#) at 1-800-884-9565.

Kaiser members

As a Kaiser member, you can login to healthy.kaiserpermanente.org to learn about available smoking cessation resources. You may also call Kaiser at 1-800-464-4000 to speak to a representative.

- [Quit Smoking Resources for Kaiser Members](#)

India

The [1to1help.net EAP](#) has a lot of material that can help you stop smoking for good! There are several resources in the self-help library, including understanding how nicotine addiction works, the effects of smoking and what steps you can take to quit.

Visit [1to1help.net](#) or call 1800-258-8121 or 1800-258-8999 toll-free for more information or to set up an appointment with a counselor. Activate your account with your LDAP/email ID, then follow log in details to set up a password.

EMEA, APAC & Japan, Canada, and Latin America

Adobe's Smoking Cessation program through **Guidance Resources** helps employees who want to kick their smoking habit. The program follows a model that allows you to work with a coach and learn to use tools to improve your overall health status. It is tailored to your specific needs, providing the opportunity to work with a health coach over the telephone to gain support and help keep you motivated. This process will help you make changes by clarifying priorities and motivators while setting goals and figuring out strategies to help you stay tobacco free.

By committing to this program, it is hoped that you will be able to meet or exceed your set goals, and eventually be able to maintain the changes on your own.

Get started by going to the [Guidance Resources website](#) to find the contact information for your location.

1. Click on the **Register** tab and enter Adobe's Web ID: **Adobe**.
2. Select your country and follow the prompts to create a username and password.
3. To find a local provider, click on **Find A Guidance Expert** directory for a list of local counselling professionals who can listen to your concerns and guide you to the appropriate services.

Global Wellbeing Programs for Additional Support

LifeDojo habit change app

When you stop smoking, you may need help developing new habits to deal with life's stressors in a healthy way. The [LifeDojo](#) app helps you build one positive new habit at a time over the course of 12 weeks with ongoing, personalized support and advice from a personal coach to help you take small steps, stay motivated, and create sustainable change.

LifeDojo's 'Mastering Stress' program can help you replace smoking with habits such as deep breathing, meditation or positive journaling, or support you in focusing on healthy eating, improving your sleep routine and using fitness as a way to manage stress. Visit the [Physical Wellbeing Programs](#) page on Inside Adobe for more information.

Headspace Meditation App

Try a quick meditation to refocus your thoughts when the urge to smoke arises. The [Headspace meditation app](#) can also help you sleep better, feel less stressed, and improve mindfulness. You can also invite one family or household member to join Headspace. Visit the [Physical Wellbeing Programs](#) page on Inside Adobe for more information.

Wellbeing Reimbursement Program

Use up to \$600 reimbursement dollars annually on eligible services and activities that directly relate to improving your physical, mental, or financial wellbeing. The [Wellbeing Reimbursement Program](#) covers typical wellness items such as gym memberships, fitness app subscriptions and sports equipment, as well as hobbies and extracurricular activities for the whole family, and more.