



## Adobe Smoking Cessation Programs and Resources

### U.S.

#### **Aetna Members:**

The Aetna Employee Assistance Program (EAP) is available to all regular Adobe employees regardless of medical plan enrollment and also to interns.

Login to the [Aetna EAP Website](#) using username **AdobeEAP** and password **Adobe** to learn about the smoking cessation resources offered through the Employee Assistance Program (EAP) that can help you stop smoking: [EAP Website](#) > *Health* > *Addictions* > *Smoking*. You may also call Aetna at 1-800-884-9565 to speak to a representative.

- [Tobacco cessation guide PDF](#)
- [Getting help to quit \(PDF\)](#)
- [How to quit smoking during pregnancy \(video\)](#)

#### **Kaiser Members:**

- As a Kaiser member, you can login to [healthy.kaiserpermanente.org](http://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.
  - [Kaiser Member's Quit Smoking Resources](#)
- [Aetna EAP Website](#): The Employee Assistance Program (EAP) through Aetna is available to all U.S. regular employees. Login using username **AdobeEAP** and password **Adobe** to learn about resources offered through the Aetna Employee Assistance Program (EAP) that can help you stop smoking --- [EAP Website](#) > *Health* > *Addictions* > *Smoking*. You may also call Aetna at 1-800-884-9565 to speak to someone about available resources.

### **EMEA, APAC & Japan, India, Canada and Latin America:**

#### [Employee Assistance Program \(EAP\) Quit Smoking Resources](#)

Login using username **AdobeGlobal** and password **Adobe** to learn about resources offered through the Employee Assistance Program (EAP) that can help you stop smoking --- [EAP Website](#) > *Balancing* > *Addiction and Recovery* > *Nicotine and Tobacco*.

Once you are logged in you may submit an online request that a Counselor contact you directly or you may call the EAP telephone number to speak to someone immediately. You may also contact your local People Resources representative for information on programs and resources offered through your local medical plan.