



MEDICAL MUTUAL®

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[MedMutual.com](https://www.MedMutual.com)



QUIT SMOKING
on your timeline

PIVOT® |  MEDICAL MUTUAL®



Medical Mutual is proud to offer **Pivot Breathe**,

a free program for anyone who wants to kick their tobacco or vaping habit. The program features the popular SmartSensor*, 12 weeks of free nicotine replacement therapy (NRT)*, an easy-to-use mobile app, a personal health coach, access to Pivot's supportive community, and so much more.

This is a highly personalized program built around the idea that quitting is different for everyone. It focuses on your individual goals — if you're not ready to quit, Pivot can help you learn, create new habits, or begin to cut back.

What is the SmartSensor*?

Pivot is the only quit-smoking program with an FDA-cleared device to help you quit. For the first time, you can measure daily improvements and see the impact of changes you make in real time. Simply skip a cigarette, or delay your next one, and watch your carbon monoxide levels drop.

CLINICALLY PROVEN TO:

- + Increase motivation to quit
- + Decrease cigarettes per day

How do I get started?

Scan the QR code to register or visit pivot.co/medmutual to learn more.



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