



Unleash your determination

You and yours deserve to be smoke-free

The path to better health is not always an easy one to tread. With the right support and level of commitment, **you will get there.**

Chapter one

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost ... I am hopeless. It isn't my fault. It takes forever to find a way out.

Chapter two

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place. But it isn't my fault. It still takes a long time to get out.

Chapter three

I walk down the same street. There is a deep hole in the sidewalk. I see it there. I still fall in ... It's a habit. My eyes are wide open. I know where I am. It is my fault. I get out immediately.

Chapter four

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter five

I walk down another street.

For help stopping smoking, search Aetna International's **'Quit smoking support & resources'** hub. With the right tips and support, you can break the habit. Stay strong. If you slip up one day, just refocus and try again. **You can do this.**

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