"I like feeling better, and am happier. It's motivating to know I am going to get to watch my granddaughter grow up and overall have improved my wellbeing."

LARRY MACKEY, AGE 55

Before Smoking Cessation: 1 pack a day
After Smoking Cessation: Smoke-free
Years Smoked: 40 years

Health Coach, Vickie contacted Larry about the **BAC Blueprint for a Healthier Future Program** and she made an impact and connected with him. He explained that he had **really wanted to quit smoking but did not have a lot of confidence in his ability to quit smoking.** Vickie, guided me to the realization that big results can happen with just a few small steps at a time.

Initially, Larry started to panic about not smoking, but Vickie helped him develop strategies to identify triggers and things that were bothering him that were connected to smoking. Larry noted that a factor in his success was that Vickie was a good listener. **"Vickie talked to me, gave me accountability, she believed in me which gave me confidence in myself."**

What was the turning point that led you to seek a healthier lifestyle? Getting the call from HMC Healthworks and wanting to avoid a higher premium. Having Vickie talk to me was the nudge I needed. My primary motivators for quitting smoking were to improve my health so I could be with my girlfriend and family and feel good when I am with them. **"I wanted to see and spend time with my granddaughter."** He wanted to see her grow up and make memories with her "Papa". Also, I have lost family members to lung cancer. My Mom had lung cancer, but survived and she quit along with my brother and sister-in-law. They are good support for me and seeing they had done it was motivating.

Do you have any advice for someone who wants to quit smoking? Yes, I would tell them to use the BAC Blueprint for a Healthier Future Smoking Cessation Program. You can deal with it with a good Health Coach to support you. That makes it so much easier. HMC Healthworks really helped **put me on track and helped me transform myself into a non-smoker!**

HMC HealthWorks
Helping you make smarter health decisions