



# Your QuitNet Tobacco Cessation Coach

Available to offer personalized strategies, dedicated support and guidance through your journey to freedom from nicotine.



## Amber Landsman, MSc, CPT

Master of Science in Exercise Physiology & Adult Fitness – University of Akron  
Bachelor of Arts in Experimental Psychology – University of South Carolina  
Certified Personal Trainer – National Strength & Conditioning Association

### BACKGROUND

Meet Amber, your dedicated QuitNet Coach at Ramp Health. Amber's extensive background and expertise in health and wellness blended with her empathetic coaching approach has helped guide numerous participants to a smoke-free life.

### AS YOUR QUITNET COACH, AMBER OFFERS:

- **Confidential Consultations:** Schedule up to 3 private video sessions for focused support.
- **Personalized Coaching:** Support tailored to your quitting stage.
- **Expert Guidance:** Navigating challenges and offering coping strategies.
- **Digital Support:** Direct messaging to overcome obstacles between sessions.

Consider Amber as your cessation guide who will support you through every step of the quit process.

## Access Your QuitNet Coach Through Your Digital Health Platform

### Discover Key Features in the App

- Personalized content and self-guided course.
- Tools including health assessments.
- Digital messaging and scheduling appointments.



1

Scan the QR code or Visit <https://portal.ram-health.com/#register/general/qn193ph> and create your account.

2

Check your inbox for a verification email from support@RampHealth.com and follow the prompts to get started.

3

Bookmark the site or use the app for future access.

**Questions?** Contact [support@ramhealth.com](mailto:support@ramhealth.com) for assistance.