



Quit For Life® Program



Take a break without a cigarette.



Tired of your day revolving around smoking? If you want to enjoy a life without it, we're here to help you do it.

Since 1985, we've helped over two million people quit smoking.

The Quit For Life® program offers proven, personal support to help you quit for good — in whatever way works for you. Choose from a variety of tools to customize a plan to break free from tobacco.

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SUPPORT FROM A QUIT COACH®

Talk with a coach by phone as little or as much as you want. Your coach knows what you're going through and is here to:

- Help you create a realistic quit plan
- Offer quit tips that really work
- Help you take advantage of free* quit aids
- Discuss ways to overcome cravings and break through obstacles
- Provide advice and motivation if things get tough



QUIT-SMOKING MEDICATIONS.

Worried about fighting off cravings? We'll help you decide if prescription or over-the-counter medications might be right for you. Plus, we'll check to see if you qualify for complementary* nicotine-replacement therapy like patches or gum.



QUIT GUIDE.

This comprehensive booklet breaks down the five steps to quitting. Learn how to choose and prepare for your quit day, deal with cravings, select the appropriate quit medicine, control your environment and get social support.



TEXTS.

Get timely tips, reminders and motivation from Text2QuitSM to help you control cravings and stay on track.



MEMBERS-ONLY WEBSITE.

Get exclusive online access to track your progress and connect with others trying to quit.

Take the first step toward your smoke-free life today.

1-866-QUIT-4-LIFE

www.quitnow.net



*Provided at no additional cost as part of your benefits plan.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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