

Quit for LifeTM

**A special program for BlueCross members
who want to stop using tobacco**

- You know tobacco is bad for your health, but perhaps you haven't found the right program to help you quit.
- If you are ready to quit — cigarettes, cigars, pipes or even smokeless tobacco — call us to enroll in *Quit for Life*.
- Work with a personal Quit Coach to design a program that will work for you.
- Receive a tool kit with materials to help you quit.
- Learn if Nicotine Replacement Therapy such as gum or the patch is appropriate for you.
- If you choose to try Nicotine Replacement Therapy, your Quit Coach will have it delivered directly to your house at no cost to you.

1-866-QUIT-4-LIFE

Quit with a plan. Call today!



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