

Quit Tobacco Use for Life

Have you tried to give up tobacco before — cigarettes, pipes or chewing tobacco — and weren't successful? Quitting tobacco is like learning to ride a bicycle. Nobody does it perfectly the first time — and it's easier with someone there to help you.

According to the Centers for Disease Control and Prevention, smoking is the number one cause of preventable death and disease in the United States. **The Board of Benefits, General Synod of the Associate Reformed Presbyterian Church** cares about you and your health. To help you live a long, healthy life, we want to provide you with the tools to make that a reality.

By using BlueCross® BlueShield® of South Carolina's My Health EssentialsSM — *Quit for Life*TM program, you have excellent support to help you kick the habit. The program is personally tailored to your needs and can help you succeed in quitting tobacco. Many people try to quit several times before they finally succeed. So think of yourself as a "learner" as you go through this process.

The *Quit for Life* program is an award-winning program based on 20 years of research and clinical experience. It has helped thousands of people take control of their lives and health by quitting tobacco.

Quit for Life gives you one-on-one, telephone-based treatment sessions with a professional tobacco cessation specialist called a quit coach. Every quit coach is a former tobacco user who can relate to the challenges you may feel through the quitting process. Once you enroll, support is available even if you quit then start using tobacco again during the treatment program.

When you enroll in the program, you will receive:

- Phone-based treatment sessions scheduled at your convenience.
- Unlimited, toll-free telephone access to the quit coaches for the duration of your treatment.
- Recommendations on type, dose and duration of medication if appropriate.
- Delivery of recommended nicotine replacement products (such as the patch, gum, or lozenge).
- A quit kit of materials designed to help you stay on track between calls.

The cost of the *Quit For Life* program is completely paid for by <EMPLOYER>. This includes the treatment sessions, the quit kit, and nicotine replacement or bupropion, if recommended by your Quit Coach. You will not have to pay any copayments or other out-of-pocket costs.

We value the quality of your life. There is no better time than right now to become free of tobacco. For more information about *Quit For Life* or to enroll in the program, call **1-866-QUIT-4-LIFE** today.

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