



**BE WHO YOU WERE
BORN TO BE.
A MORNING PERSON.
*(And a non-smoker.)***

Tired of craving a cigarette first thing every morning?

Imagine waking up refreshed, not stressed. The Quit For Life® Program will help you kick nicotine cravings and the urge to smoke — morning, noon, and night. Millions of tobacco users have relied on our powerful combo of personal coaching, quit aids and tools. The program includes:

- **Quit Coach® team.** Get personalized advice, quit tips and encouragement by phone.
- **Patches or gum.** Get up to eight weeks of nicotine patches or gum at no additional cost.*
- **Quit tools.** Get the Quit Guide, plus access to Web Coach® and Text2QuitSM reminders.

— **ENROLL NOW** —

1-866-QUIT-4-LIFE • quitnow.net

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

The Quit For Life Program is brought to you by American Cancer Society and Optum, a leading health services company. 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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