They did it. **So can you.**

“I am just letting you all know I QUIT. I joined the program through my employer and I will let them know that IT WORKED. I think it worked because I did not pressure myself with a quit date. I was under no pressure at all.”

- Jennifer

“My husband and I both quit the same day. We both used the program and were very happy with the results.”

- Donna

“These people care, I am convinced. They will bug you in encouraging ways but not nag you. If you need them, they are there, and they will listen. It helps a lot.”

- Malcolm

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Medications to support you in quitting are available. Call Group Health Customer Service at 1.888.901.4636 for more information about what your plan covers.

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The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society’s mission to save lives and create a world with more birthdays.

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You want to quit. We can help.

When you join our program, we’ll help you create an easy-to-follow Quitting Plan that will show you how to get ready, take action, and live the rest of your life as a nonsmoker.

Your Quitting Plan will include:

- **Quit Coach®.** You will have expert phone support and assistance whenever you need it.
- **Web Coach®.** You’ll get access to a private, online community where you can complete activities, watch videos, track your progress, and join in discussions with others in the program.
- **Quitting Aids.** We’ll help you decide which type, dose, and duration of nicotine substitute or medication is right for you, and teach you how to use it so it really works.
- **Quit Guide.** We’ll send you an easy-to-use printed workbook you can reference in any situation to help you stick with your Quitting Plan.

Don’t just quit, become a nonsmoker.

You can quit tobacco. We’ll teach you how.

We understand that quitting is about more than just not smoking. At Group Health, we believe quitting tobacco is one of the most important things you can do to live a healthy life. Our health care teams know using the Quit for Life® Program can improve your chances of quitting by up to four times more than going cold turkey or using medication alone. Plus, your Group Health coverage offers you access to the Quit for Life Program at no additional cost.

The 4 Essential Practices to Quit For Life

1. **Quit at Your Own Pace.**
   - Quit on your own terms, but get the help you need, when you need it.

2. **Conquer Your Urges to Smoke.**
   - Gain the skills you need to control cravings, urges, and situations involving tobacco.

3. **Use Medications So They Really Work.**
   - Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.

4. **Don’t Just Quit, Become a Nonsmoker.**
   - Once you’ve stopped using tobacco, learn to never again have that “first” cigarette.

1.800.462.5327
www.quitnow.net/ghc

American Cancer Society Quit For Life® Program