

# Helping You Quit

## TOBACCO CESSATION

Quit for Life<sup>®</sup> is a private program that members can follow at their pace from home. Participants receive a Quit Kit and access to a toll-free Quit Line. If you participate, a trained smoking cessation counselor will call you and provide one-on-one coaching and support over the phone for one year.

SelectHealth<sup>®</sup> members have 100 percent coverage for the Quit for Life program. No copay or coinsurance is required. Call **866-QUIT-4-LIFE** or visit [quitnow.net](http://quitnow.net) for more information or to enroll.

The Quit For Life Program is brought to you by the American Cancer Society<sup>®</sup> and Optum. 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.

## NICOTINE REPLACEMENT THERAPY

Most SelectHealth plans include 100 percent coverage for Nicotine Replacement Therapy (NRT), which includes prescription drugs or patches that can help curb nicotine cravings. Check your benefits to make sure you have coverage, but most of our plans allow you to get two, 90-day courses of nicotine-replacement medication each year. For more information about prescribed medication that may increase your chances to quit smoking, talk to your doctor.

### NEED MORE INFORMATION?



WEB

[quitnow.net](http://quitnow.net)



PHONE

**866-QUIT-4-LIFE**

