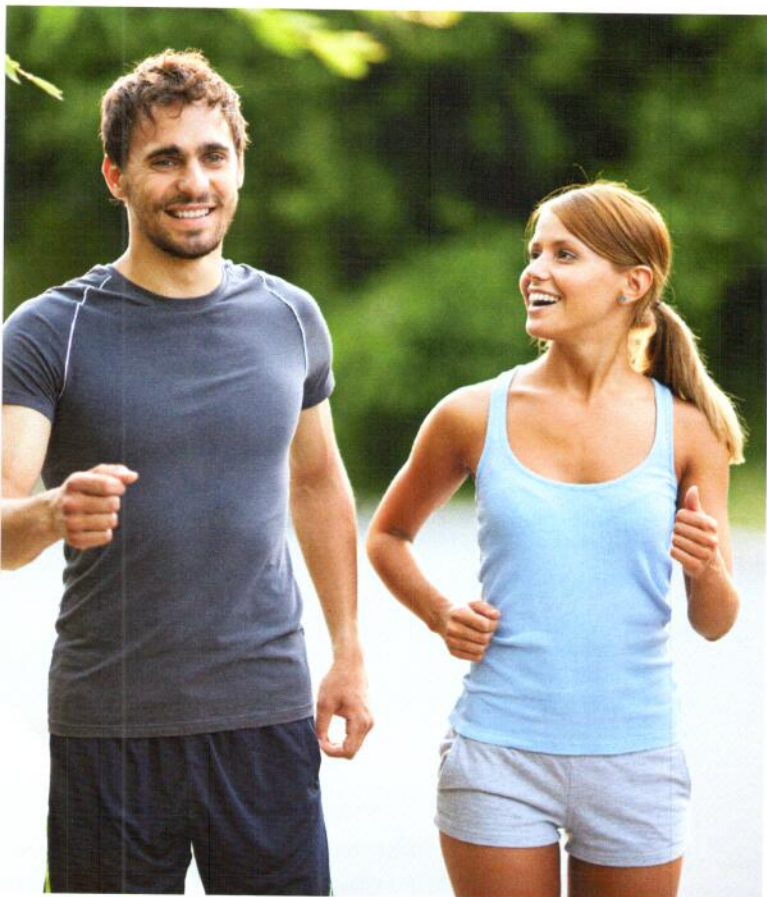


## Tobacco cessation

When you're ready to quit tobacco use, we're here to help. We offer a telephone-based tobacco\* cessation program to our members.



During your phone calls, our trained, registered nurses will **meet you where you are**. We'll help you:

- Decide when you are ready to quit
- Select a quit date
- Learn how to adopt new habits
- Find ways to overcome triggers
- Stay tobacco free

We're just one phone call away.

**Call today!**

**1-800-520-3137**

Our telephone-based program is provided at no additional cost to your existing health care plan, and will not affect your benefits.

\* Tobacco products: cigarettes, clove cigarettes, pipe, cigars, flavored cigars, cigarillos, little cigars, hookah, e-cigarettes, snuff, chewing tobacco, dip, snus, flavored tobacco, and dissolvable tobacco (strips, sticks, orbs, and lozenges).

Smokeless tobacco is not a safe alternative to smoking cigarettes. According to the Centers for Disease Control and Prevention, there is no safe form of tobacco; all forms can cause addiction and health problems.