



Enjoy dinner without a cigarette.



We've got the tools to help make it a reality.

Imagine fully savoring a meal: the sight of it, the smell, the taste. If you're ready to quit smoking, the Quit for Life® program has multiple ways to help.

Since 1985, we've helped over two million tobacco users.

As part of the program, you get up to eight weeks of nicotine-replacement therapy patches or gum at no additional cost.* Research shows tobacco users have a better chance of quitting when nicotine replacement therapy is part of the quit plan.**

**Want to be smoke-free? Speak with a Quit Coach® and enroll today.
1-866-QUIT-4-LIFE www.quitnow.net**

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

** Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency. 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.

The American Cancer Society name and logo are trademarks of the American Cancer Society.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

© 2016 United HealthCare Services, Inc. PRJ1778 60437-112016