



PATCHES, GUM,

OR BOTH.

GET TOOLS THAT HELP QUITTING STICK.



Nicotine cravings and withdrawals make quitting hard. You don't have to tough it out alone. With the Quit For Life® Program, you **get eight weeks of nicotine patches or gum**—at no cost to you.* You may even qualify to receive nicotine patches *and* two extra weeks of gum.

Studies show withdrawals and cravings are less intense when the patch is used with gum.¹ Together, you and a Quit Coach® will decide which aids are best for you.

All you have to do is **enroll and complete one call with a Quit Coach® during September.**

HURRY!

**OFFER GOOD
SEPT. 1ST-30TH**

Enroll Now:

1-866-QUIT-4-LIFE ■ www.quitnow.net

(1-866-784-8454)

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

¹Fiore 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.

The Quit For Life Program is brought to you by the American Cancer Society and Optum. The two organizations have 40 years of combined experience in tobacco cessation coaching and have helped more than two million tobacco users. Together we will help millions more make a plan to quit, realizing the Society's mission to save lives and create a world with more birthdays.

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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