

SET A QUIT DATE THAT CAN STICK.

ON NOVEMBER 19, JOIN OTHERS ACROSS THE NATION AND BEGIN A TOBACCO-FREE LIFE.



Get ready for the Great American Smokeout by enrolling in the Quit For Life® Program this November. While quitting can be tough, planning ahead can boost your chances for success. Use the date to make a quit plan. Quitting—even for 1 day—is an important first step to a healthier life.

- Work 1-on-1 with a Quit Coach® over the phone.
- Get nicotine patches or gum, if you qualify.
- Enjoy tips, advice and encouragement that can make it easier to quit.
- Join the program at no additional cost.*

ENROLL NOW.
1-866-QUIT-4-LIFE, TTY 711
Learn more at quitnow.net/nalc



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

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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