

GIVE YOURSELF A GIFT

You deserve a healthy, happy life.
So give yourself a little **TLC**.



We make it easier with two benefit programs—the Weight Talk® Program and Quit For Life® Program.

NALC Health Benefit Plan offers both programs to members, spouses, dependents and retirees 18+.

You must be enrolled in the High Option Plan to be eligible for Weight Talk and Quit For Life.

Can talking really help you **lose weight**?



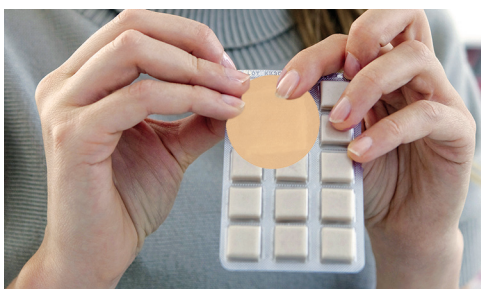
It can when you talk one-on-one with a Weight Talk coach! Plus, new upgrades to the program's portal means you can enjoy easy access to online tools, a supportive community and more 24/7. Participants must have a body mass index (BMI) of 25+ to be eligible.

► Enroll at **1-844-305-0758** or
www.NALCwellbeing.com



Quit For Life® Program

Get tools that help **quitting tobacco** stick.



Quitting is easier when you have the support you can count on. We understand how much you want to quit tobacco, and how hard it can be to do it on your own. That's why we help people just like you find the strength to quit. When you enroll in the Quit For Life Program, you get powerful tools and encouragement every step of the way. You may even qualify for nicotine patches or gum—at not additional cost to you.*

► Enroll at **1-866-784-8454** or
www.quitnow.net/NALC



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

The information provided through this program is for informational purposes only and is not a substitute for your doctor's care. Optum does not promise or guarantee that participation in the program will help you lose weight and individual results may vary. Please discuss with your doctor how the information provided through this program is right for you.

The Quit For Life Program is brought to you by American Cancer Society and Optum, a leading health services company. 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. 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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