



excellusbcs.com/national

- TTY is available at 1-877-777-6534
 - Phone 1-800-442-8904
 - 8 a.m. – midnight EST, Monday through Sunday
- Call a Quit Coach to get started TODAY**



Quit For Life™ Program
1-800-442-8904

What is the Quit For Life Program?

The Excellus BlueCross BlueShield Quit For Life Program is an award-winning support program to help you quit using tobacco. Our program will help you plan your quit and give you lots of support along the way. Join the thousands of people who have successfully quit tobacco - join the Quit For Life Program today.

What does the Quit For Life Program include?

You and a Quit Coach will design a plan that includes:

- One-on-one phone sessions scheduled at your convenience
- Toll-free access to Quit Coaches seven days a week
- Medication recommendations, if appropriate
- Free nicotine replacement products (patch or gum) and delivery to your home, if recommended
- A “Quit Guide” designed to help you stay on track between phone sessions

Who is eligible for the program?

The Quit For Life Program is FREE to all eligible members 18 years or older.