



Finally – A Quit Tobacco Program that Works!
It's the Quit For Life™ Program.

The **Quit For Life Program** is a FREE award-winning support program to help you successfully quit using tobacco.

- One-on-one counseling sessions with a professional Quit Coach
- Online interactive discussion forums available 24 hours a day
- Medication recommendations, if appropriate
- Free nicotine replacement products (patch, lozenges or gum) delivered to your home, if recommended
- Easy-to-use "Quit Guides" for support between sessions

Get started today – It's FREE!

Call the Quit For Life Program at **1-800-442-8904**.

TTY is available at 1-877-777-6534.

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