

The Quit for Life® Program is a collaborative resource offered through the Public Employee Benefit Authority (PEBA), the American Cancer Society and the Office of Human Resources. The program is now available at no cost to State Health Plan subscribers, their covered spouses and their covered dependents age 13 and older. Below is a brief overview of the program. For complete details, contact the Quit for Life® Program at 1-866- QUIT-4-LIFE or visit [www.quitnow.net/scstatehealthplan](http://www.quitnow.net/scstatehealthplan).

### General Information

The Quit for Life® Program offers the knowledge, tools and support needed to quit tobacco. As a participant, you can expect ongoing assistance, including:

- A professionally trained Quit Coach® who creates a personalized quit plan, which generally lasts for 12 months
- A comprehensive Quit Guide
- Five telephone calls from your Quit Coach®
- Access to the Quit for Life® toll-free support line as often as you need
- Smart tips and replacement strategies for coping with the cravings that keep you addicted to nicotine
- Coaches available seven days a week between 8 a.m. and 3 p.m.
- The option to re-enroll for additional 12-month cycles

During your first conversation with your Quit Coach®, you will learn how the program works and what you will be asked to do to complete the program. When you enroll, a trained Quit Coach® will create a plan tailored to your specific needs and lifestyle. Together, you will identify your personal triggers and barriers that keep you from quitting. One-on-one phone sessions with the coach will give you the tools and encouragement to overcome the physical and emotional barriers that make it so hard to stop using tobacco products.

### Enrollment

- Enroll by calling 1-866-QUIT-4-LIFE (1-866-784-8454) or visit [www.quitnow.net/scstatehealthplan](http://www.quitnow.net/scstatehealthplan). Registration is available 24 hours a day, seven days a week.
- If you are not sure if they are ready to quit, take an online **Readiness Quiz** at [www.quitnow.net/scstatehealthplan](http://www.quitnow.net/scstatehealthplan).

### Tobacco Cessation Products

The program provides free nicotine replacement therapy (nicotine patches, gum or lozenges) if necessary. Additionally, the Quit Coach® may recommend participants see a doctor to consider a smoking-cessation prescription drug such as bupropion or Chantix. Prescription drugs are available at no cost to members 18 and older if filled at a participating network pharmacy.

## As a participant, you also get access to the following:

- Web Coach®, an online community where you can track your progress and connect with other participants and coaches for even more support
- An easy-to-use Quit Guide to help you stick with your plan
- Text2Quit®, a service that sends you personalized text message reminders, tips and encouragement tailored to your quit plan

Based on 25 years of research and experience, the Quit For Life® program teaches you how to become an expert in living a tobacco-free lifestyle.

## The 4 Essential Practices to Quit For Life®



## Participant FAQs

- Q Do I have to attend classes?  
*No. All of your coaching sessions take place over the phone. No inconvenient trips to someone's office. And, you can talk to your Quit Coach® any day of the week - even Saturday and Sunday.*
- Q Does the program address all forms of tobacco use?  
*The Quit for Life® Program helps people successfully quit using all forms of tobacco, including smokeless products such as chewing tobacco. Your chances of quitting successfully are eight times better with the program.*
- Q What are the hours of the support lines?  
*Expert Quit Coaches® and Registration Specialists are available 24 hours a day, 7 days a week (excluding Thanksgiving Day, Christmas Day and Independence Day). You can call the Quit for Life® Program's toll-free support line anytime you need additional information or support.*
- Q What if I miss my phone call from the Quit Coach®?  
*If you miss a call, simply call the Quit for Life® Program's toll-free support line at a convenient time for you. Studies have shown that the more calls you complete with a Quit Coach®, the more success you will have in quitting tobacco.*
- Q What if I start using tobacco again?  
*For most people, quitting takes practice. Your Quit for Life® Program specialists will not judge you if you slip. Instead, they are there to help you learn from that experience and try again. Each time you try to quit, you'll learn a little more about what it takes. You will learn what works and what doesn't, and you can use that knowledge in your next attempt.*