



Health Plan

Call and identify yourself
as a CU Health Plan
participant starting Oct. 1.
1-855-313-0014

There are a million
reasons to quit smoking.
Find yours.

***BREATHE* with Quitline is:**

- FREE--You and your covered dependents age 14 and older **never have to pay.**
- SUPPORTIVE--**Speak openly and honestly about your habit** with professional Quitline coaches, available 8 a.m. - 11 p.m.
- SUSTAINABLE--You'll get **eight free weeks of nicotine replacement therapy (NRT)**, including patches, gum and lozenges.
- MEDICALLY SUPPORTED--You'll receive **clinical guides and tips** from the nation's leading respiratory experts on how to quit.

