



Ready to make your next
work break your last
smoking break?
**We have the tools
you need.**

Whether you've been considering kicking your smoking habit or have struggled to quit, the CU Health Plan can help.

CU Health Plan - *BREATHE* with Quitline combines personalized, non-judgmental coaching and nicotine replacement therapy to help you take control of your habit.

By enrolling, you'll be 5 times more likely to succeed than those who continue smoking.

***BREATHE* with Quitline is:**

- **FREE**--You and your covered dependents age 18 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 free 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.



**Your path to a smoke-free lifestyle
opens Oct. 1, 2013. Call and identify
yourself as a CU Health Plan
member:**

1-855-313-0014