Whether <code>^o</code>'ce been considering kicking <code>^o</code>'r smoking habit or hace str ggled to q it, the CU Health Plan can help.

CU Health Plan - \_\_\_\_ ith Q itline combines personali:ed, non-j dgmental coaching and nictotine replacement therap to help o take control of o r habit.

B^ enrolling, ^o`'ll be 5 times more likel^ to s`cceed than those , ho contin`e smoking.

## %5(\$7+( ZLWK 4XLWOLQH LV

- ‡FREE--Yo and or coçered dependents age 18 and older .
- \$SUPPORTIVE-ith professional Q\*itline coaches, açailable 8 a.m. - 11 p.m.
- \$SUSTAINABLE--Yo`'ll get
  (NRT), incl`ding patches, g`m and lo:enges.
- \*MEDICALLY SUPPORTED--Yo "II receiçe from the nation's leading respirator ecperts on ho, to q it.