



# NO MORE BUTS QUIT FOR GOOD

Enhanced Stop-Smoking Support

You've tried to quit tobacco, but nothing has worked. We can help with free\* quit aids.

As a Taft-Hartley Fund member, you can call and speak with a Quit Coach, get weight advice and receive a quit aid to help you quit for good. Best of all, it's at no cost to you.\*

## I DON'T LIKE TALKING ON THE PHONE. WHAT HAPPENS WHEN I CALL?

- First, you will be asked some general questions such as your name, contact information and tobacco use history to get registered
- Once registered, you can talk with a Quit Coach right away or choose a later time that works better for you
- Develop a quit plan with your Coach
- Schedule four additional 10-minute calls with your Coach
- Call in anytime, even if it's not scheduled

## ALL I HAVE TO DO IS TALK ON THE PHONE?

No, there are many more resources at your fingertips. After your first call, you'll receive a quit guide in the mail to help you stick with your plan. You also have access to a Web Coach online, 24 hours a day, 7 days a week, to help you track your progress between calls. You'll get a password and sign-in information when you start the program. You can even sign up to receive messages from the program on your phone via text messaging.

## I CAN USE TEXT MESSAGING TO HELP ME QUIT?

Yes, when you sign up for text messaging, you will receive messages tailored to your quit plan. You'll be able to set a quit date, manage urges, receive program reminders, track your success and connect with your Coach, all from your mobile phone. Some of the messages you may receive include tips on coping skills, games and quizzes and motivational reminders. It's a stop-smoking support tool, right in your pocket. Standard text messaging rates may apply. Check with your carrier for details.

## I DON'T SMOKE, BUT I USE OTHER TOBACCO PRODUCTS. CAN YOU HELP ME?

Yes. We have experience helping people quit all kinds of tobacco including cigarettes, cigars, pipes, dissolvables and chewing tobacco.

## I'D LIKE TO USE THE PATCH OR ANOTHER QUIT AID. CAN I STILL WORK WITH A QUIT COACH?

Yes. A Quit Coach will help you figure out which quit aid (such as a nicotine patch, gum or lozenge) would work best for you. Coaches can mail a supply of the quit aid to your home at no cost to you.\* Once you receive the quit aid, your Quit Coach can help guide you through it.

## I'D LIKE TO TAKE ZYBAN. CAN I GET IT IN THE MAIL?

No. You need to see a doctor to get prescription quit aids such as a nicotine inhaler, nasal spray, Zyban (bupropion) or Chantix (varenicline). Ask about the cost. Call the customer service number on the back of your member ID card to learn more about what your plan covers. Quit Coaches can walk you through how to use a prescription quit aid as a part of your quit plan.

## I'D LIKE TO QUIT, BUT I'M WORRIED ABOUT GAINING WEIGHT.

Talk to your Quit Coach about weight gain concerns. He or she can help you understand the health risks of a small weight gain compared to smoking. When appropriate, you can receive three coaching calls with a Weight Coach in conjunction with your calls with a Quit Coach.

## WHO WILL KNOW THAT I'VE CALLED STOP-SMOKING SUPPORT?

For plan sponsors that offer wellness programs, information may be shared with individuals involved in your benefit programs in order to administer incentives or other benefits tied to program participation.

## HOW CAN I GET STARTED?

To register, simply call **1-888-662-BLUE (2583)** or **1-877-777-6534** (TTY) any time between 7 a.m. and 2 a.m. Central Time, seven days a week. Spanish-speaking members can press 2 to speak to a Spanish-speaking registration specialist. Interpreters are available in other languages, too.



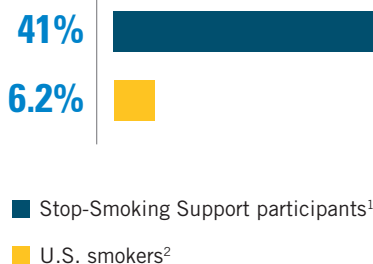
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Compared to the U.S. average, Stop-Smoking Support participants are **six times more likely to quit tobacco.**

## SUCCESSFUL QUITTERS



More than 57,000 smokers have enrolled since the program began in 2000<sup>3</sup>

\*Nicotine replacement therapy (NRT) options include the patch, gum or lozenge. NRT is mailed directly to participants in Stop-Smoking Support whose medical history does not preclude them from safely using these medications. Stop-Smoking Support and over-the-counter NRT costs are paid by your Fund.

1 Stop-Smoking Support Participation and Evaluation Reports, Alere Wellbeing, Inc., 2005-2013.

2 U.S. Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report, November 11, 2011; 60(44), 1513-1519.

3 Stop-Smoking Support Enrollment Reports, Behavioral Solutions, LLC., 2000-2004 and Stop-Smoking Support Participation Reports, Alere Wellbeing, Inc., 2005-2013.