

QuitLine



# Enjoy life **without a cigarette.**

Join the millions of tobacco users we've helped.



## What's smoking keeping you from enjoying?

*Keeping up with the kids. Spending more time with friends. Working out at the gym.* Whatever reasons you have for wanting to quit, QuitLine is here to help you achieve it. Since 1985, we've helped more than two million tobacco users kick the habit for good.

### Support from a Quit Coach®

Talk with a coach by phone as little or as much as you need. Your coach knows what you're going through and is here to:

- Help you create a realistic quit plan
- Offer quit tips that really work
- Help you take advantage of complementary\* quit aids
- Discuss ways to overcome cravings and break through obstacles
- Provide advice and motivation if things get tough

### Quit-smoking medications.

Worried about fighting off cravings? We'll help you decide if prescription or over-the-counter medications might be right for you. Plus, we'll check to see if you qualify for complementary\* nicotine-replacement therapy like patches or gum.

### Quit guide.

This comprehensive booklet breaks down the five steps to quitting. Learn how to choose and prepare for your quit day, deal with cravings, select the appropriate quit medicine, control your environment and get social support.



### Texts.

Get timely tips, reminders and motivation from Text2Quit<sup>SM</sup> to help you control cravings and stay on track.

**Start living tobacco-free by enrolling today.**  
**1-866-845-7702**  
**Log in to My Health Plan at**  
**[MedMutual.com/member](https://www.MedMutual.com/member) for more information.**

\*Provided at no additional cost as part of your benefits plan.

QuitLine provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. QuitLine does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

© 2017 Medical Mutual of Ohio Z6304-CMT R2/17