

# You know what happens when you use tobacco.

## But what about when you quit?



### Quitting tobacco not only improves your health, it will save you money

The University of California is excited to offer the Quit For Life<sup>®</sup> Program,\* a tobacco cessation program developed by the American Cancer Society and Alere Wellbeing.

This program is available to University of California employees and family members who are enrolled in UC Care, Health Savings Plan, and Core plan at no additional cost.

The Quit For Life Program will help you every step of the way. An expert Quit Coach will support you over the phone and online as you follow a Quitting Plan customized to your needs. You can also get eight weeks of nicotine gum or patches delivered to your home for free. Stop dreaming about quitting and take the first step toward saving your hard-earned money, and your life.

### Are you ready to start?

For more resources on Tobacco Cessation, visit <http://ucal.us/tobaccofree>.

\* Participation in the Blue Shield Quit For Life Program does not qualify as a wellness activity that earns points towards the UC Living Well Incentive Program offered by Optum.

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