

YOUR HEALTH & WELL BEING



Smoking Cessation

The Rewards of Being Smoke Free

We know it isn't easy to quit smoking. It can take several attempts to quit before you are successful. And research shows the cost of tobacco cessation services and products is often the greatest barrier to quitting smoking. Now CIGNA HealthCare's Healthy Rewards® program can make it easier (and less expensive) for you, with two new smoking cessation discount programs. Use one, or use both in combination.

QuitNet: Online smoking cessation program

QuitNet is based on the same approaches recommended by the U.S. Surgeon General, combining expert counseling and social support into one easy-to-use online program. You'll receive an online

membership, giving you 24/7 access to social support, reliable personalized content, professional counseling and more.

Tobacco Solutions: Nicotine replacement patch program

Studies show that pharmaceutical support is fundamental to success. The cornerstone of this program is the Novartis® Habitrol Take Control Support Program™. You will receive:

- An eight-week supply of the Novartis™ Habitrol Nicotine Transdermal System (patches) featuring the gradual step-down method of dealing with nicotine withdrawal. The 56 nicotine patches cover eight weeks of step-down therapy for people who smoke at least 10 cigarettes per day.
- A comprehensive educational booklet that contains information to guide you through the quitting process as well as instructions for proper use of the patch.

- A compact disc providing you more information about the patch and the six states of change that you will go through to successful quitting.

- A toll-free telephone support center, staffed by health professionals.

- A comprehensive and confidential web site for additional support and information.

Quit smoking and save money **NOW** with help from Healthy Rewards. For more information, visit www.myCIGNAcom.

Some Healthy Rewards programs are not available in all states.

Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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