

Christian Brothers Services

# Health & Benefits

OPTUM



## Quit Smoking for Good!

### Christian Brothers Services Medical Trusts have partnered with OPTUM to offer you the Quit For Life® Program

Did you know it has been proven that quitting smoking can help prevent numerous health problems, including heart disease, stroke, multiple cancers, respiratory diseases, pre-term labor and low birth weight.

Quitting tobacco isn't easy, but getting the right help can help you make the difference between saying you're going to quit smoking and actually doing it, for good!

The Quit For Life® Program is a highly-effective, evidence based tobacco cessation program that delivers measurable results. As a matter of fact, the program is so successful it produces an average quit rate of 45 percent, making it at least eight times more effective than quitting "cold turkey."

The Quit for Life® program is available at no cost to you and your enrolled dependents age 18 years and older. When you join the program, you'll receive an easy-to-follow quitting plan that will show you how to get ready, take action, and live the rest of your life as a non-smoker.

Once you sign up for the Quit For Life® Program, you'll receive for no charge:

- Up to five outbound coaching calls and unlimited toll-free access to a Quit Coach® for the duration of the program.
- Decision support for the type, dose and duration of medication and direct mail order fulfillment if appropriate.
- Printed, stage-appropriate Quit Guide.
- Tailored, motivational emails sent throughout the quitting process.

The Quit For Life® Program uses the "4 Essential Practices to Quit For Life." These evidence-based principles are based on 35 years of research and experience helping people quit all types of tobacco.

#### 1. Quit at Your Own Pace

Quit on your own terms, but get the help you need, when you need it.

#### 2. Conquer your Urges to Smoke

Gain the skills you need to control cravings, urges, and situations involving tobacco.

#### 3. Use Medications so they Really Work

Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.

#### 4. Don't Just Quit, Become a Nonsmoker

Once you've stopped using tobacco, learn to never again have that "first" cigarette.



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for more information

1.866.Quit.4.Life

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