

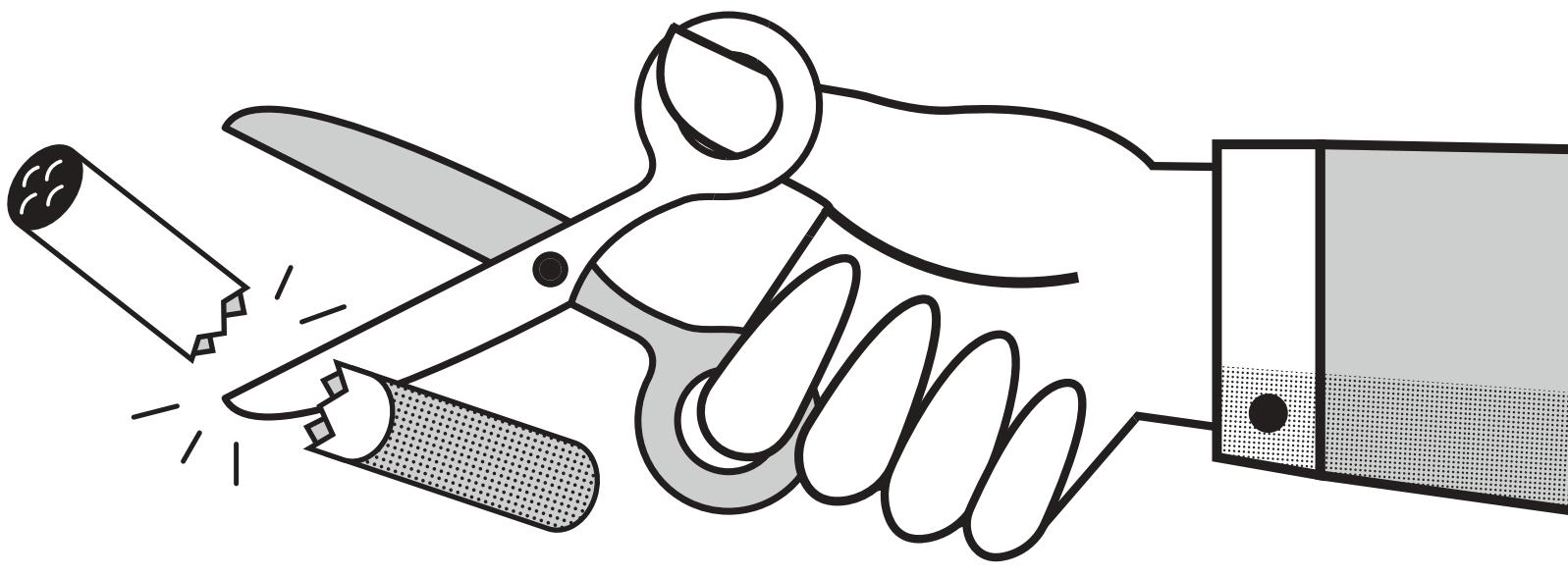


The path to quit **starts here**

If you've thought about quitting tobacco and nicotine, QuitlineNC can help. Get all the tools and online resources you need to quit - and stay quit - at no additional cost.

Try it out

**\$0 out of pocket,
included in your benefits through QuitlineNC**



What you get with QuitlineNC:



Coach support:

Talk with a coach who will help create a personalized Quit Plan and guide you.



Access anytime, anywhere:

Manage triggers with coach-led group sessions, trackers, text support, and more.



Long-term success:

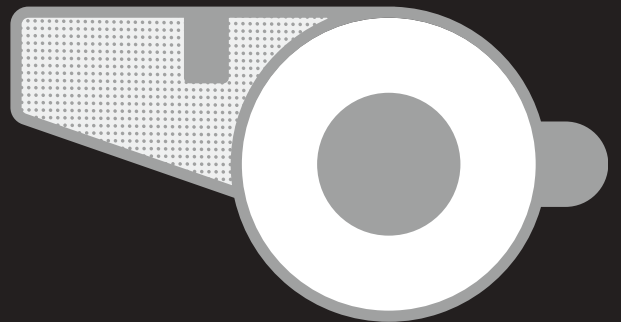
Overcome your cravings for good with ongoing coach support after you quit.



Patches and gum:

Receive guidance on the use of nicotine replacement therapy to help increase your chances of quitting.

Enroll now



Nicotine Replacement Therapy (NRT) benefits vary by plan. Check with your health insurance administrator to determine what options are available to you. Regardless of coverage, QuitlineNC will recommend an NRT plan to help you be successful in your quitting journey.

This message is not intended to imply any illness, condition or need for improvement on the part of the recipient.

QuitlineNC is available to eligible members at no additional cost as part of your benefits. The QuitlineNC program is educational in nature and is not a substitute for medical advice.

The QuitlineNC program 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. The QuitlineNC program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. 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.

263-4QFLEM25

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