

QUITTING TOBACCO IS A JOURNEY

AND YOUR FIRST STEP IS HERE

The Healthways QuitNet® program is here, supporting your efforts to quit tobacco for good.



GO AFTER THE LIFE YOU WANT

If you use tobacco, quitting can improve your health and give you back precious time and money. Take back what's yours with the QuitNet program, which has been helping people quit smoking and other forms of tobacco since 1995.

Whether you need a gentle nudge or a jumpstart to help you quit, the QuitNet community is here for you. Register now to start your journey to a tobacco-free life.

GET THE BOOST YOU NEED

When you're tobacco free, life can be even better than you'd imagined. So if you're a tobacco user, you'll be happy to know that quitting can be easier than you'd think with QuitNet to guide and support you. One of the best things about QuitNet is you choose the support that works best for you, as well as when and how you prefer to be supported.

Register now to join hundreds of thousands of people who've quit smoking and other forms of tobacco with help from QuitNet—and get the personalized support you want.

WITH QUITNET, YOU CAN:

- ✓ **Set a quit date** to mark milestones and track your progress.
- ✓ **Create a personal profile** and connect with other members.
- ✓ **Share your experiences** in the conversation feed, to give and receive encouragement.
- ✓ **Trade private messages** with other members and expert coaches.
- ✓ **Receive quit-tip texts** and emails.
- ✓ **Calculate the savings** you'll gain when you quit.



DISCOVER THE PROVEN WAY TO QUIT

Ex-tobacco users are members of a tribe all their own. They know the struggle to quit and remain tobacco free. And, in the last twenty years, hundreds of thousands have discovered that quitting is easier with the supportive community that QuitNet provides.

In addition to online coaching, QuitNet's digital experience and mobile app allows you to connect to give and receive encouragement. So, if you use tobacco, sign up today and become an active member of the QuitNet community.

DISCOVER WAYS TO CONNECT AND RECEIVE SUPPORT:

- Access QuitNet from your smartphone, wherever, whenever you need it.
- Take the daily pledge to stay tobacco free.
- Get your toughest questions answered by an expert.
- Connect with your quit community when you really need a hand.
- Receive supportive texts and helpful emails.



REGISTER NOW!

Log in to **My Account** at www.carefirst.com/myaccount. Click on **Health Assessment and Online Coaching** under **Quick Links**.

You can start using QuitNet to kick your habit once you've completed your well-being assessment (if you haven't already done so this plan year).

It's time to learn the secret that thousands of ex-tobacco users already know: Healthways QuitNet works.

WHAT IS HEALTHWAYS QUITNET?

QuitNet has been helping people quit tobacco since 1995. The main idea is quitting is easier when you do it together. That's why current and past tobacco users join the community—to help them quit and stay tobacco free.

WHY IS QUITNET BEING OFFERED?

CareFirst BlueCross BlueShield and Healthways are providing QuitNet's expert guidance, compassionate support and variety of tools to make quitting even easier than you might think. Quitting smoking and other forms of tobacco is one of the best things you can do for your health. It can lower your risk for a variety of conditions, from heart disease and stroke to lung cancer, chronic obstructive pulmonary disease and other respiratory illnesses.

WHAT BENEFITS DOES QUITNET PROVIDE?

Available services include:

- **Expert coaching:** Get the advice and support you need, when you need it. Tobacco treatment specialists are available online to support you.
- **Support texts and helpful emails:** Get reminders and encouragement on the go, to help you stay tobacco free.
- **The QuitGuide:** Order or download your copy to learn how to prepare to quit and stay tobacco free with this helpful, comprehensive guide that's designed to mirror your timeline to quit tobacco.

HOW IS MY INFORMATION PROTECTED?

Your information is protected by the Health Insurance Portability and Accountability Act (HIPAA) and will not be disclosed to anyone without your permission. However, due to the public nature of QuitNet's forums, what you share on the forums can be seen by others. Please see the privacy policy on the QuitNet website for more information.

HOW DO I GET STARTED?

Log in to **My Account** at www.carefirst.com/myaccount. Click on **Health Assessment and Online Coaching** under **Quick Links**.

*If you have additional questions,
please call*
800-783-4582



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