

Free & Clear[®] Quit For Life[™] Program

Helping You Quit Tobacco for Good

Quitting tobacco is like learning to ride a bicycle. Nobody does it perfectly the first time, and it's easier with someone there to help you. Many people try to quit several times before they finally succeed.

How does the program work?

The Quit For Life Program consists of phone-based, one-on-one treatment sessions with a professional Quit Coach. During the initial call, which typically takes 25–30 minutes, your Quit Coach will review your tobacco use history and help you develop a personalized quit plan. If you're not quite ready to quit, your Quit Coach will work with you to get closer to making that decision. You can always call Free & Clear's toll-free number for additional support between your scheduled calls.

When you enroll in the Quit For Life Program, you'll receive:

- One-on-one, phone-based sessions scheduled at your

convenience. These calls usually take 10–20 minutes.

- Unlimited toll-free telephone access to the Quit Coaches while you are in the program.
- Recommended nicotine replacement products, such as an 8-week supply of nicotine patches or gum, or a 12-week supply of Zyban or Chantix (when prescribed by your doctor and subject to your pharmacy copay).
- A Quit Kit of materials designed to help you stay on track.

medical coverage. There is no charge to participate in the program, and PacificSource covers two quit attempts. Your Quit Coach will work closely with you to help you quit tobacco for good.

How do I enroll?

Simply call Free & Clear toll-free at (866) QUIT-4-LIFE (784-8454). After you enroll, everything you need to participate will be sent directly to your home. A Quit Coach is available to serve your needs, 5:00 A.M. to 9:00 P.M. Pacific Time, seven days a week.

What if I start using tobacco again while I'm in the program?

The Quit For Life Quit Coaches are available by phone whenever you need them. Just as they helped you quit initially, they are there to help you get back on track if you start using tobacco again.

Who is eligible for the program?

This benefit is offered to all PacificSource members with



Direct: 541.684.5582

Toll Free: 888.977.9299

PacificSource.com

