

I WANT

a permanent smoke break.

I GET

my own wellness coach to help me quit for good.

Think of the money you'll save as a non-smoker.

There are a lot of reasons to quit tobacco, but without help and support, it isn't easy. With QuitPower,[®] you'll work with a wellness coach who has helped many others like you. You and your coach will create a quit plan that suits your lifestyle. Talk regularly by phone at your convenience to:

- Set a quit date.
- Learn what triggers your cravings, and how to overcome them.
- Gain access to tools and resources, such as nicotine replacement therapy like the patch or gum, at no additional cost to you.*

Plus, you'll earn 2,500 points for enrolling in QuitPower, and another 2,500 points for completing the program. By the final coaching call, close to 40% of QuitPower members have quit using tobacco.**

To learn more about all the Wellness Coaching programs or to enroll in Quitpower, call us toll-free at **1-855-688-9775**.

Monday–Thursday, 5 a.m.–8 p.m.

Friday, 5 a.m.–5 p.m.

Saturday, 6 a.m.–11 a.m.

Access your Wellness Website at
uclivingwell.ucop.edu.



* Qualified members will receive nicotine replacement therapy products at no additional cost.

** The comparative effectiveness of the QuitPower[®] Program versus a standard Wellness Coaching program in participants 18 years and older, 2010.

The information provided through the QuitPower Program is for informational purposes only and provided as part of your health plan. This telephonic service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. Wellness nurses, coaches and other phone representatives cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. The QuitPower Program is not an insurance program and may be discontinued at any time.