



take charge

Ready to Quit Smoking?

We can help you clear the air — for good.

CareFirst BlueCross BlueShield (CareFirst) offers confidential programs to help improve your health. The **QuitSmart® Smoking Cessation*** program gives you the feeling of working with a live health coach, starting with an in-depth online consultation. You'll then receive a personalized action plan and interactive tools to help keep you on track.

You will also receive a self-help kit that includes:

- **Stop Smoking Guidebook** – includes information on nicotine replacement and stop smoking medication options, stress relief and coping techniques and more
- **Hypnosis Audio CD** – provides helpful suggestions to quit smoking and remain smoke free
- **BetterQuit® Cigarette Substitute** – offers a simulated cigarette without nicotine that gradually lessens the pleasure of smoking

To join the QuitSmart® program, call **866-454-5375** and ask to speak to a health coach about smoking cessation.

**This program is available to CareFirst members and their dependents age 18 and older who have medical coverage.*



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This wellness program is administered by Health Fitness Corporation, an independent company that provides health improvement management services to CareFirst and BlueChoice members.

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