



CIGNA Quit Today[®]

Tobacco Cessation Program

Quit Today.

Live better tomorrow.

Our CIGNA Quit Today[®] program helps you develop a personal quit plan to become and remain tobacco free. You can choose from two convenient options, a telephone program or an online program – or use both.

The telephone program features:

- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Tobacco cessation workbook and tool kit
- Healthy Rewards[®] discounts*
- Optional telephone group support
- Free over-the-counter nicotine replacement therapy (patch or gum)**
- Support line available 7 days a week, 24 hours a day

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The online program features:

- Personal quit plan
- An 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts*
- Free over-the-counter nicotine replacement therapy (patch or gum)**
- Secure, convenient support

Call or go online to enroll today!

1.866.417.7848

www.cignabehavioral.com

employer ID: shelby

*Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

**Over-the-counter nicotine replacement therapy (NRT) is provided by CIGNA Tel-Drug® Home Delivery Pharmacy, but must be ordered through the CIGNA Quit Today program. Only one course of NRT is available per participant, per calendar year.

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