



Quit For Life[®] Program

Take the First Step toward Quitting Today.



Trying to quit a tobacco habit can be a major challenge! PreferredOne partners with Quit for Life[®] to provide a Tobacco Cessation Program for our members. This program is a telephonic based self-referral program that helps participants successfully quit their tobacco habit. For more information, please call Quit for Life[®] at 1.866.784.8454

What you'll get with Quit for Life[®]:

QUIT COACH[®]

Expert coaches will support you over the phone whenever you need it.

QUITTING AIDS

Quit for Life[®] will help you decide which type, dose and duration of nicotine substitution or medication is right for you, and teach you how to use it so it really works. (Nicotine replacement products are not covered through this program. Check your plan pharmacy benefits for coverage of these products.)

QUIT GUIDE

You will receive an easy-to-use printed workbook you can reference in any situation to help you stick with your quitting plan.

WEB COACH[®]

Membership to a private, online community where you can complete activities, watch videos, track your progress and join in discussion with other program participants.

Text2QuitSM

In addition to calls with your Quit Coach[®], you will receive supportive text messages on your mobile phone to help you prepare to quit, use medications correctly, manage urges, and avoid relapse.

PreferredOne[®]

QUIT FOR LIFE[®]