



## CIGNA Quit Today<sup>®</sup>

*Tobacco Cessation Program*

### Quit Today.

### Live better tomorrow.

Our CIGNA Quit Today<sup>®</sup> 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<sup>®</sup> 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

*\*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<sup>®</sup> 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.*

continued on back >



### 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\*
- Secure, convenient support

**Quit today. Live better tomorrow – enroll in the CIGNA Quit Today program today!**

Just call **1.866.417.7848**  
or visit **myCIGNA.com**



"CIGNA" and "CIGNA HealthCare" refer to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these operating subsidiaries and not by CIGNA Corporation. These operating subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Connecticut, HMO plans are offered by CIGNA HealthCare of Connecticut, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.

808124 06/07 © 2007 CIGNA