

Breathe Easy with CDPHP[®] Smoke-Free[™]

Imagine a life free from addiction and the harmful, lasting effects of nicotine. To help our members* kick their smoking or vaping habit for good, CDPHP[®] offers a no-cost telephonic smoking cessation program—CDPHP[®] Smoke-Free[™].

Here's how it works:

- ▶ Participants receive one-on-one support and help developing a quit plan from a specialized quit coach, as well as quit-smoking medications, such as nicotine patches, lozenges, or gum.
- ▶ Participants have access to resources and educational materials to help them plan and stay on track at www.cdphp.com/smoke-free.

Here's why it works:

- ▶ A combination of medication and one-on-one counseling is proven to increase participants' chances of successfully quitting.
- ▶ With support, participants are more likely to overcome obstacles and cravings.

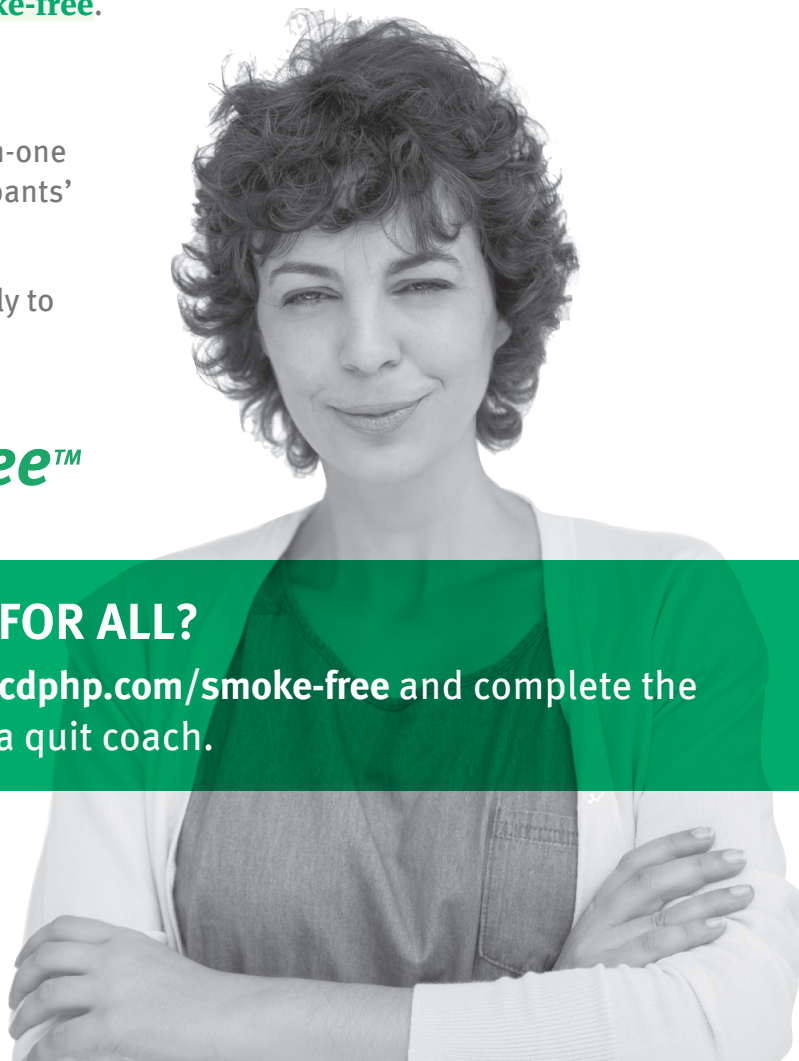


Smoke-Free[™]

READY TO QUIT ONCE AND FOR ALL?

Call 1-866-697-8487 or visit www.cdphp.com/smoke-free and complete the form to request a phone call from a quit coach.

This smoking cessation program is administered by Roswell Park Cancer Institute, an independent, nationally recognized cancer center.



** This benefit does not apply to all plans. Members should check their plan contract or call member services at the number on their ID card to confirm eligibility.*