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“My husband and I both quit the same day. We both used the program and were very happy with the results.”

- Donna

“These people care, I am convinced. They will bug you in encouraging ways but not nag you. If you need them, they are there, and they will listen. It helps a lot.”

- Malcolm

Statement of Nondiscrimination
Blue Cross and Blue Shield of Alabama complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-216-3144 (TTY: 711)

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