

Take the first step  
toward quitting today.



*We've helped more than  
1 million tobacco users.  
We can help you too.*



Call or enroll online today!

**1-888-768-7848** or **[www.QuitNow.net/Alabama](http://www.QuitNow.net/Alabama)**

*It's confidential. It works.*



**Quit For Life**® Program



**BlueCross BlueShield  
of Alabama**

#### 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.

#### Foreign Language Assistance

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

**Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-216-3144 (TTY: 711)。

BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent plans which includes BCBS of Alabama. The Quit For Life® Program is offered by BCBS of Alabama and administered by the American Cancer Society, an independent company which retains sole responsibility for services they provide. The American Cancer Society name and logo are trademarks of the American Cancer Society, Inc.