

If you've tried to quit before, it's time to try something different.



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

It's confidential.
It works.



They did it.

So can you.

"I am just letting you all know I QUIT. I joined the program through my employer and I will let them know that IT WORKED. I think it worked because I did not pressure myself with a quit date. I was under no pressure at all."

- Jennifer

"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.

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)。

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Kick the Habit



Take the first step toward quitting today.

Call or enroll online today!

1-888-768-7848 or

www.QuitNow.net/Alabama





You want to quit.
We can help.

When you join our program, we'll help you create an easy-to-follow plan so you can get ready, take action and live the rest of your life without tobacco.

Your Quitting Plan will include:



Quit Guide. We'll send you an easy-to-use workbook you can reference in any situation to help you stick with your Quitting Plan.



Quitting Aids. We'll help you decide which type, dose and duration of nicotine substitute or medication is right for you.



Quit Coach. Expert phone support and assistance is available 24 hours a day.

Closed Holidays: Independence Day, Thanksgiving Day and Christmas Day.

You can quit tobacco.
We'll teach you how.

Learn how to become an expert at living without tobacco with our **"4 Essential Practices to Quit for Life."** These practices are based on over 35 years of research and experience in helping people quit all types of tobacco.



The 4 Essential Practices to Quit For Life

1. Quit at your own pace.

Quit on your own terms, but get the help you need, when you need it.

3. Use medications correctly.

Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.

2. Conquer Your Urges.

Gain the skills you need to control cravings, urges and situations involving tobacco.

4. Don't Just Quit.

Once you've stopped using tobacco, learn how to enjoy the rest of your life without tobacco.

Call or enroll online today!

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www.QuitNow.net/Alabama



Quit For Life® Program