



# BREAK THE HABIT ONCE AND FOR ALL.

Enroll in the *free* QuitPower® Tobacco Cessation Program today! You'll get:

- A personal coach who can help keep you motivated
- Help creating a customized quit plan
- Stop-smoking aids such as nicotine patches or gum

**YOU CAN DO IT!**

Call **1-877-784-8797** for more information or to enroll. Or, go to **myuhc.com** and take a Health Assessment to get started.



**(For Definity Consumer-Driven Healthcare Plan Members Only)**