

YOU CAN QUIT

We can help



Tobacco Cessation help from Dean Health Plan

Smoking or chewing tobacco is a powerful addiction. It may seem impossible to kick that bad habit, but thousands quit every year. And you can, too!

Here's what you have to look forward to when you live life smoke-free!

After quitting for:

**20
minutes**



Your heart rate drops to a healthier level



**1 to 9
months**



Coughing and shortness of breath decreases



**15
years**



The risk of coronary heart disease is the same as that of a nonsmoker.

Help from Dean Health Plan

You can receive any of the smoking cessation medications listed on the Dean drug formulary with no copay. You must enroll in The Quit For Life[®] Program to take advantage of your tobacco cessation medication benefit.

What is Quit For Life[®]?

- Free to all Dean Health Plan members age 18 years and older.
- Helps you overcome physical, psychological and behavioral addictions using a mix of medication support and phone-based coaching.
- A Quit Coach[®] helps you gain knowledge, skills and behavioral strategies to quit for life.
- You'll receive up to five outbound coaching calls and unlimited access to a Quit Coach[®] for the duration of the program.
- You'll also have access to print and online resources that will help you through the quitting process.

Enrolling in The Quit For Life[®] Program is easy!

Call **(866) QUIT4LIFE** (866-784-8454)

or enroll online at deancare.com/quitforlife

Language Assistance: If you, or someone you're helping, have questions about Dean Health Plan, you have the right to get help and information in your preferred language at no cost. To talk with an interpreter, call Customer Care at (800) 279-1301.

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Dean Health Plan, tiene derecho a obtener ayuda e información en su idioma sin costo alguno.

Para hablar con un intérprete, llame al Customer Care. (800) 279-1301.

Yog koj, los yog tej tus neeg uas koj pab ntawd, muaj lus nug txog Dean Health Plan, koj muaj cai kom lawv muab cov ntshiab lus qhia uas tau muab sau ua koj hom lus pub dawb rau koj.

Yog koj xav nrog ib tug neeg txhais lus tham, hu rau Customer Care. (800) 279-1301.

Non-Discrimination Statement: Dean Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

▶ Visit deancare.com/quitforlife

If you have additional questions, please contact your organization's benefits representative or call the Dean Health Plan Customer Care Center at **800-279-1301**.



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