

QuitPower.[®] Willpower.



Kicking the habit isn't easy. Maybe you've tried quitting in the past and lost the fight. You want to succeed and stay healthy for yourself and your family. But, you're not sure how to finally quit for good.

That's where QuitPower[®] comes in.

When you sign up, you'll have access to a Wellness Coach — a trained professional who can motivate and encourage you, and help get you through the rough patches. You also can receive stop-smoking aids such as nicotine patches or gum at no cost. The best part? The program works with your schedule and is available over the phone.

QuitPower's available at no additional cost to you, as part of your MHBP coverage plan. Call today — you deserve it.

1-877-QUIT-PWR
(1-877-784-8797)

7 a.m. to 10 p.m.	Monday – Thursday
7 a.m. to 7 p.m.	Friday
8 a.m. to 4:30 p.m.	Saturday

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QuitPower
can help.

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