



CIGNA Quit Today[®] Tobacco Cessation Program

Quit Today.
Live better tomorrow.

**Quit today. Live better tomorrow – enroll
in the CIGNA Quit Today program today!**

Just call **1.866.417.7848**
or visit **myCIGNA.com**



The telephone program features:

- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Tobacco cessation workbook and tool kit
- Healthy Rewards[®] discounts*
- Free over-the-counter nicotine replacement therapy (patch or gum)**
- Support line available 7 days a week, 24 hours a day

*Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

**Over-the-counter nicotine replacement therapy (NRT) is provided by CIGNA Tel-Drug[®] Home Delivery Pharmacy, but must be ordered through the CIGNA Quit Today program. Only one course of NRT is available per participant, per calendar year.

The online program features:

- Personal quit plan
- An 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards[®] discounts*
- Secure, convenient support



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