

About the Quit For Life® Program

Free & Clear's Quit For Life Program is the best method you can use to quit tobacco because it treats tobacco use as an addiction; not just a bad habit. You know tobacco is bad for you; you've heard why a hundred times. And deep down, you know the benefits of quitting. Yet, no matter how hard you try, you can't seem to quit for good. It's hard to escape from such a powerful addiction.

If you've tried to quit before, it's time to try something different. With this program, your chances of quitting are 8 times better than on your own. Regardless of where you are in the process, Quit For Life can help.

They offer one of the most successful tobacco treatment programs available today. Why? Because they help you quit your way – they find out what has worked for you in the past and what hasn't. Then they help to create a quit plan just for you that includes:

- Five phone-based tobacco treatment coaching sessions scheduled at your convenience
- Three additional phone-based coaching sessions to manage your weight during your quit attempt, scheduled at your convenience (optional)
- Unlimited toll-free access to Quit Coaches, who offer as much or as little support as you need
- Free nicotine replacement therapy (patch/gum) mailed directly to your home if appropriate
- Recommendations on type, dose and duration of nicotine replacement or medication if appropriate (including patch, gum, bupropion or Chantix)
- Delivery of recommended nicotine replacement products, such as the patch or gum
- Access to Web Coach™, a private, online community where you can complete activities, watch videos, track your progress and join in discussions with others in the program
- Quit Guides, our easy-to-use printed workbooks that you can reference in any situation to help you stick with your quitting plan

In addition to the tobacco treatment calls, if you are concerned about weight gain while quitting you are eligible for **Weight Calls!** The overall goal of weight calls is to help participants quit tobacco while limiting the amount of weight you may gain after quitting. With Weight Calls you will receive:

- Three, 20-30 minute calls with a Weight Coach
- Calls that are delivered in conjunction with regularly-scheduled Quit For Life tobacco calls
- Access to ongoing support from Weight Coaches (as well as Quit Coaches and other members) through the discussion forums on Web Coach.

There are no co-pays and no other out-of-pocket costs to you to enroll in this program. If you choose to use prescription medications to help you quit, standard co-pays will apply.

Free & Clear has helped over 500,000 tobacco users. This time, let them help you.

To enroll or for more information call **1-866-944-STOP** (1-866-944-7867)

or visit www.freeclear.com/raytheon

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