

myHEALTH  
ESSENTIALS<sup>SM</sup>

# Quit for Life<sup>TM</sup>



A

A special program for PAI members  
who want to quit smoking

**PAI**

**Planned Administrators  
Incorporated**

[www.paisc.com](http://www.paisc.com)

# Quit for Life™

Have you tried quitting tobacco before and weren't able to quit for good? Just because you have tried before and didn't quit, doesn't mean that you can't!

PAI has partnered with Free & Clear®† to offer you one of the most successful tobacco treatment programs. The **Quit for Life™** program is an award-winning, science-based program that gives you personalized, professional support every step of the way.

## How It Works

Quit Coaches who are trained tobacco treatment specialists help you prepare to quit. Preparation includes learning what to expect both physically and emotionally, planning for stressful situations and potential triggers, and practicing techniques that will help you quit.

The **Quit for Life** program helps you develop a plan to quit **your way**. Your Quit Coach will find out what has worked for you in the past and what hasn't. Then, together, a plan will be created just for you that includes:

- One-on-one phone-based sessions scheduled at your convenience.
- Unlimited toll-free telephone access to our specialists for the duration of the program.
- Recommendations for Nicotine Replacement Therapy (NRT) like the patch or gum.
- Delivery of NRT directly to your home at no cost to you, if you choose to use it.
- A Quit Kit of materials designed to help you between sessions with your Quit Coach.

*Hundreds of thousands of people have quit using tobacco thanks to this program.*

*You can too!*

*Call today!*

**1-866-784-8454**