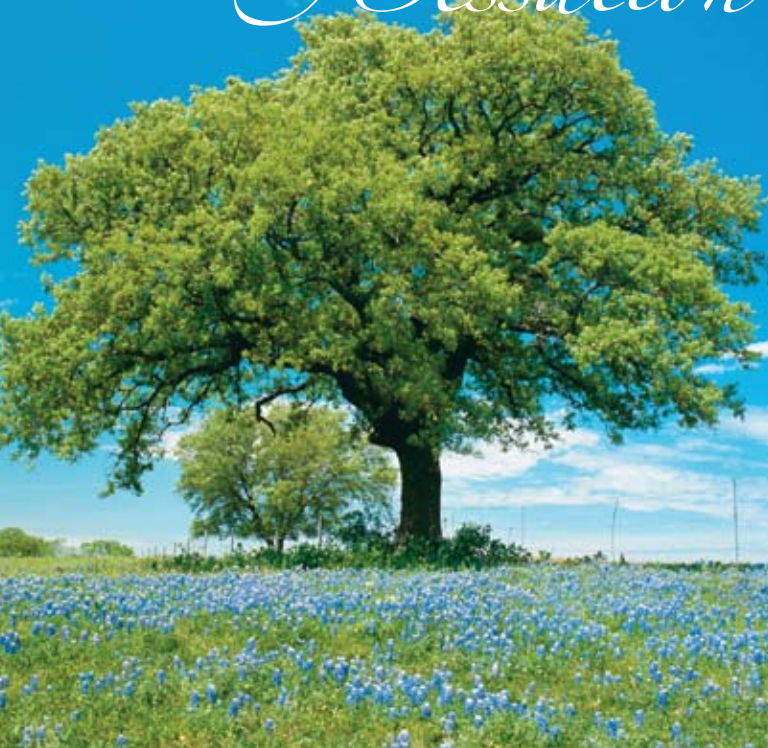


Smoking Cessation



A program for PAI
members who would like
to quit smoking

pa*i*
PLANNED ADMINISTRATORS INC

www.paisc.com

Smoking Cessation

Would you like to quit smoking? Would you like to breathe easier, be healthier and save money? Everyone can use a little help sometimes. If you're a smoker, we have the help you need!

Smoking Cessation is a confidential program designed to help you quit smoking. Call today to participate in the program.

We'll send you a stop-smoking guide and tool kit. You'll receive a stress relief item, tracking log and booklet containing relaxation techniques. Approximately one week later, a registered nurse will call to administer a survey about your smoking habits. We'll help you set goals — and we'll call again later to see how you're doing with the program.

Here's what we can help you do:

- Understand why quitting is important.
- Learn how quitting can improve your health.
- Identify your personal reasons for quitting.
- Learn ways to quit without going "cold turkey."
- Get support from your partner, family and friends.
- Keep your emotions balanced.
- Avoid temptations to smoke.
- Break the habits that go with smoking.
- Conquer the nicotine addiction.

Any information provided through this program is for educational purposes only and does not replace the care you receive from your doctor. You should always check with your doctor before following any medical advice.

Call today

1-800-327-3238