

Enjoy Life Without Tobacco.

QuitLine

Join the millions of tobacco users we've helped.



MEDICAL MUTUAL®

A photograph of a young man and woman smiling and embracing each other in a bright, indoor setting. The woman is on the left, wearing a light-colored button-down shirt and a small earring. The man is on the right, wearing a dark t-shirt. They are both looking at each other with joyful expressions. The background is softly blurred, showing what appears to be a window with light coming through. A solid yellow horizontal bar is at the top of the image.

What's tobacco keeping you **from enjoying?**

Keeping up with the kids. Spending more time with friends. Working out at the gym. Whatever reasons you have for wanting to quit, QuitLine is here to help you achieve it. Since 1985, we've helped more than two million tobacco users kick the habit for good.

Medical Mutual's QuitLine

Support from a Quit Coach®

Talk with a coach by phone as little or as much as you need. Your coach knows what you're going through and is here to:

- Help you create a realistic quit plan
- Offer quit tips that really work
- Help you take advantage of complimentary* quit aids
- Discuss ways to overcome cravings and break through obstacles
- Provide advice and motivation if things get tough

Quit-tobacco Medications

Worried about fighting off cravings? We'll help you decide if prescription or over-the-counter medications might be right for you. Plus, we'll check to see if you qualify for complimentary* nicotine replacement therapy like patches or gum.

Quit Guide

This comprehensive booklet breaks down the five steps to quitting. Learn how to choose and prepare for your quit day, deal with cravings, select the appropriate quit medicine, control your environment and get social support.

Texts

Get timely tips, reminders and motivation from Text2QuitSM to help you control cravings and stay on track.

Start living tobacco-free by enrolling today. Call 1-866-845-7702 or log in to My Health Plan at [MedMutual.com/Member](https://www.medmutual.com/Member) for more information.



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MedMutual.com

*Provided at no additional cost as part of your benefits plan.

QuitLine provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. QuitLine does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.