

FIND THE POWER TO QUIT.



Through the QuitPower® program, you have a personal Wellness Coach dedicated to helping you quit the habit. Over the phone, your coach can help you:

- Set a quit date
- Create a personal plan with goals you can reach
- Gain access to tools and resources such as nicotine replacement therapy*
- Stay motivated
- Learn the triggers in your life that cause you to crave tobacco — and how to overcome them



Call **1-877-784-8797** to start today.

The QuitPower® Program is offered at no additional cost to all benefit-eligible employees as part of the enhanced City of Baltimore Wellness Program, brought to you by Optum.



* QuitPower program participants may receive nicotine replacement therapy products as part of the program.

The QuitPower® program provides information and support as part of your health plan. It is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your personal health information is kept private in accordance with your plans privacy policy.

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