



## **QuitNet Tobacco Cessation**

Quitting tobacco is one of the best things you can do to improve your health and the health of those who may be living with you. ConocoPhillips partners with QuitNet to offer the resources you need to quit smoking or quit using smokeless tobacco.

**QuitNet**, the world's largest quit tobacco program, can help you break your addiction to nicotine by providing the necessary information and support to help you quit. It's all part of our commitment to your health and wellness.

### Resources Available via **QuitNet**:

- Up to five confidential calls with a personal tobacco cessation advisor
- A QuitGuide to help you learn about the quitting process
- Around the clock, personalized support from the **QuitNet** website
- Access to online tobacco treatment specialists
- Helpful QuitTips delivered to your personal **QuitNet** mailbox
- **Nicotine Replacement Therapy (Nicotine patch, Nicorette gum and the Commit Lozenge) available at NO COST!**

### Enroll in **QuitNet** Today!

- **If you or dependants are a smoker or smokeless tobacco user, please call 888-324-6067, option 2 to get started. A customer service representative will talk you thru this process and start your assessment**
- **COMPLETELY CONFIDENTIAL – No one at ConocoPhillips knows you are enrolled**

The Centers for Disease Control (CDC) estimates that tobacco users have higher health risks and spend \$3,391 more on medical, prescription drug-related and dental expenses per year than non-tobacco users. That's why we're offering this program to you and your covered dependents (age 18 and over).

You are eligible to participate in this program if you meet the following criteria:

- You or your dependent are enrolled in one of the ConocoPhillips self-insured medical options
  - HDHP
  - PPO