



It's time to say "I quit!"

Aetna Health ConnectionsSM Wellness Resources

Most people know why they should stop smoking or quit chewing tobacco. They just need a little support. Quitting can be tough, but the Quit Tobacco program can help.

Talk to a personal coach for greater success

The one-year Quit Tobacco program is provided by Healthyroads, a leading provider of tobacco cessation programs. You'll get personal attention from health professionals that can help find what works for you.

You'll have the same personal coach throughout the program. Together, you'll decide what steps to take so you're more likely to succeed.

You will:

- Learn about the program and set goals you can handle.
- Review your health status, medical history and prescriptions you take.
- Plan quitting strategies, discuss coping skills and more.

Your coach is there to answer questions, give you information you need and help you stay on track.

Make healthy lifestyle changes that last

Create healthy new habits that make it easier to stay tobacco free. You'll have plenty of resources to help, including

- Nutrition and exercise guides
- Mental imagery and relaxation skills*
- Interactive Web tools and more

We even offer diet and menu analysis and exercise and meal planning services. You can get one every three months at no charge.

Stay motivated to quit for good

Good health is a great incentive — and so are free products. Stick with our program and get:

- Free 6-week supply of nicotine replacement products.
- A monetary reward to help keep you motivated.

Take this chance to make a great change in your life. The Quit Tobacco program gives you the help you need to succeed.

**One per year at no charge. Additional modules available for purchase by member.*

Fully insured student health insurance plans are underwritten by Aetna Life Insurance Company (Aetna) and administered by Chickering Claims Administrators, Inc. (CCA). Self insured plans are funded by the applicable school, with claims administration services provided by CCA. Aetna Student HealthSM is the brand name for products and services provided by Aetna and CCA and their applicable affiliated companies. This material is for information only. Discount programs provide access to discounted prices and are NOT insured benefits. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Discount programs may be offered by vendors who are independent contractors and not employees or agents of Aetna. Health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change. Policy forms issued in Oklahoma include: GR-96134.

**Say good-bye to tobacco and hello to a healthier future!
Call 1-800-650-2747 today!**