

World No Tobacco Day



Join millions of other tobacco users from around the world who will quit tobacco on **May 31**.

The Quit For Life® Program is the best method you can choose to help you quit tobacco and gain the skills needed to stay healthy for life.

The tobacco cessation program is provided at no cost to you and addresses all forms of tobacco.

Who is eligible to participate?

- Benefits eligible state and non-state employees who are enrolled in the state employee health plan or who have waived coverage in the plan.
- Retirees, spouses and dependents 18 years or older who enrolled in the state employee health plan.

You **can** quit tobacco. We'll teach you how.

1.888.275.1205 (Select Option 3) www.KansasHealthQuest.com



The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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