

MERCYCARE HAS A PLAN FOR YOU

Are you ready to be a quitter?

Quitting smoking isn't easy—but it's easier with the right help.

The American Lung Association's **Freedom From Smoking®** program gives you options, resources and support to quit for good!

Freedom From Smoking helps you develop a plan of action that leads to your quit day.

You'll get the support you need to remain smoke-free for life!

You'll learn:

- How to know if you're really ready to quit
- How to prepare for your quit day
- Medications that can increase your success
- Developing a new self-image
- Lifestyle changes to make quitting easier
- How to stay smoke-free for good
- Coping strategies for managing stress and avoiding weight gain



Choose from two **FREE** program options:

- **Web-based program includes seven self-paced modules.** To enroll, call MercyCare customer service at (800) 895-2421 to receive your online access code.
- **Phone-based helpline program includes eight calls with a trained specialist.** To enroll, call the American Lung Association helpline at (800) 586-4872. Identify yourself as a MercyCare Health Plans member and provide your member ID number found on your insurance card.



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HEALTH PLANS

(800) 752-3431

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