

# Breathe Easy with CDPHP<sup>®</sup> Smoke-Free<sup>™</sup>

Imagine a life free from addiction and the harmful, lasting effects of tobacco. To help our members\* kick their smoking habit for good, CDPHP<sup>®</sup> offers a no-cost telephonic smoking cessation program—CDPHP<sup>®</sup> Smoke-Free<sup>™</sup>.

Here's how it works:

- ▶ Participants receive one-on-one support and help developing a quit plan from a specialized quit coach, as well as quit-smoking medications, such as nicotine patches, lozenges, or gum.
- ▶ Participants have access to resources and educational materials to help them plan and stay on track at [www.cdphp.com/quitsmoking](http://www.cdphp.com/quitsmoking).

Here's why it works:

- ▶ A combination of medication and one-on-one counseling is proven to increase participants' chances of successfully quitting.
- ▶ With support, participants are more likely to overcome obstacles and cravings.



## READY TO QUIT SMOKING ONCE AND FOR ALL?

Call **1-866-697-8487** or visit [www.cdphp.com/quitsmoking](http://www.cdphp.com/quitsmoking) and complete the form to request a phone call from a quit coach. Quit coaches are available Monday through Thursday, 9 a.m. to 9 p.m., and Friday through Sunday, 9 a.m. to 5 p.m.

*This smoking cessation program is administered by Roswell Park Cancer Institute, an independent, nationally recognized cancer center.*



\* CDPHP<sup>®</sup> Smoke-Free<sup>™</sup> is available to CDPHP commercial, Medicare, and Medicaid members.

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,<sup>®</sup> Inc.  
Capital District Physicians' Healthcare Network, Inc.

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