

Breathe Easy with CDPHP® Smoke-Free™

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

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.

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.



Smoke-Free™

READY TO QUIT SMOKING ONCE AND FOR ALL?

Call **1-866-697-8487** or visit 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® Smoke-Free™ is available to CDPHP commercial, Medicare, and Medicaid members.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.
Capital District Physicians' Healthcare Network, Inc.

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