

START A CONVERSATION TO QUIT TOBACCO



February is American Heart Health Month, and there's no better time to show yourself some love. Tobacco users are more likely to develop heart disease and are at an increased risk for heart attacks and cancer. Quitting tobacco can significantly decrease these risks.

When you enroll in the Quit For Life® Program, you'll talk one-on-one with a Quit Coach® to help set an individualized plan to help you successfully quit for good. You'll also learn the skills and have access to the tools and support you need to stay quit.

1.800.442.8904 | www.quitnow.net/excellus



The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. 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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