



December 21, 2007

RE: **Free & Clear® Quit For Life™ Program**

Dear Group Administrator:

I'd like to tell you about the **Free & Clear® Quit For Life™** tobacco cessation program. Over the past 20 years, this program has helped thousands of people quit tobacco. If you are a tobacco user, quitting can be hard work. If you are planning to quit, the tobacco cessation program can help you plan how to quit for life.

When you or an adult dependent enroll, you will receive:

- **Phone-based coaching sessions** with a qualified quit coach scheduled at your convenience
- **Unlimited toll-free telephone access** to Quit for Life tobacco quit coaches during your treatment
- **Recommendations** on type, dose, and duration of **medication**, if appropriate, that you can take to your doctor
- **Direct mail of nicotine replacement therapy (NRT)**, such as the nicotine patch, gum, or lozenge to your home
- **A Quit Kit** of materials to help you in the quit process through active self-management
- **Web Coach™**, an online feature that allows you to stay connected 24 hours a day

Best of all, **Free & Clear® Quit For Life™** is free. There is no charge for treatment sessions, quit kit or NRT. Prescriptions for tobacco cessation medications will be processed through your pharmacy benefit.

Enclosed is a **Free & Clear® Quit For Life™** flyer with the toll free telephone number to enroll. Quitting tobacco may be the best thing you do for yourself and your family. Call today to quit tobacco, and be free.

Sincerely,

ODS Alaska