



# Smile Bright

## Quit the Spit

You've dipped for years. It's part of who you are. But when you smile for the camera, do you wish you saw something new in the picture? A brighter smile and a healthier you?

Since 1983, QuitWell™ has helped people quit tobacco. It can help you too! It presents 500 different quitting techniques – because everyone's quitting journey is unique. QuitWell™ coaches are ready to assist you day and night. Your coach will help you set goals, create an action plan to reach each goal, and celebrate your success.

## 2024 Tobacco Surcharge - Reasonable Alternative

Tobacco users: Get help to quit tobacco - and avoid the tobacco surcharge - when you:

1. Indicate during annual enrollment that you and/or any covered family members use tobacco;
2. Enroll in QuitWell™ (even if you are already enrolled) between October 16 and November 30, 2023; and
3. Complete four of five coaching calls by March 1, 2024

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### BE THROUGH WITH CHEW.

Sign up today to receive your free kit! Coaching calls can be made at a time convenient for you.

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**Enroll Today @ [CoreHealthyLife.com/HealthCoaching](https://CoreHealthyLife.com/HealthCoaching)**

or call 800.345.2476 and press 1

