

CareAllies Quit TodaySM Tobacco Cessation Program

Quit today. Live better tomorrow.

Making the decision to quit tobacco *and* actually following through can be a significant challenge. Going it alone works for some people, but if you're like many former tobacco users, you may need a little help. SAMBA has partnered with Cigna/CareAllies to provide a free program designed to help you quite tobacco.

The CareAllies Quit TodaySM program can help you develop a personal quit plan to become and remain tobacco free. You can choose from two convenient options, a telephone program or an online program — or both.

The Telephone Program

When you use the telephone program, you'll be paired with a personal wellness coach who will support you and help you stay motivated.

Telephone program features

Confidential, individual telephone coaching

- A dedicated wellness coach
- Convenient evening and weekend coaching hours
- Tobacco cessations workbook and tool kit
- Healthy Rewards[®] discounts*
- Optional telephone group support
- Free over-the-counter nicotine replacement therapy (patch or gum)**
- Support line available 7 days a week, 24 hours a day

The Online Program

When you use the online program, you'll get a structured program that offers you the flexibility to work independently in a way that is most convenient for you.

- A personal quit plan
- An 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards[®] discounts*
- Secure confidential support

How to enroll

To enroll in the telephone program call **800.887.9735, prompt 2 then prompt 5** or use the following link for online enrollment: <https://samba.mycareallies.com>