

*breatheBetter*

# Spring into Wellness

Free patches, gum, lozenges • Personal coach • Online program



*Open to employees, spouses, and domestic partners*

Enroll in Quit Tobacco Program between  
**May 1<sup>st</sup>** to **May 31<sup>st</sup>** to win a \$50 Visa Gift Card!

Names will be entered into a drawing.

One in every 25 enrollees wins!

Call **1-866-900-5244** or enroll online at  
**<http://bebetter.net/CABQ>**. There is no  
cost to the participant (a \$326 value).



**BetterHealth**  
CITY OF ALBUQUERQUE AND  
PARTICIPATING GOVERNMENT ENTITIES

*Better you.*