



Quit For Life<sup>®</sup> Program

# Take the first step toward quitting today.

1.866.QUIT.4.LIFE (1.866.784.8454)  
[www.quitnow.net](http://www.quitnow.net)

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Health and Wellness Program Coordinator  
Insurance and Benefits Division  
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We've helped more than  
**1 million** tobacco users.  
We can help you too.

**It's FREE**  
**It's confidential.**  
**It works.**

The Quit For Life<sup>®</sup> Program is brought to you by the American Cancer Society<sup>®</sup> 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.



**BetterHealth**

CITY OF ALBUQUERQUE AND  
PARTICIPATING GOVERNMENT ENTITIES

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*Better you.*