

Tobacco Cessation Support provided to CIGNA members by QuitNet



myCIGNA.com

QUITNET Don't Quit Alone.

178 days and counting
- Barb, 35-year smoker

Quit Smoking Calculator
How Much Would Quitting Save You?

1. On an average day, how many cigarettes do you (or did you) smoke?
2. How soon after you wake do you smoke your first cigarette?
3. Enter Zip Code:

Find Out!

On QuitNet, You Are Never Alone.

- 24/7 support from others who know what you're going through
- Advice from professional counselors
- Quit buddies, clubs & chat

Plus!

- Your own personal quit plan
- Reliable information customized for you
- Experience-tested quit tips
- Medication support and discounts

Special Offer!
To learn more, or to get started right now, just fill out the Quit Calculator above.

Start Today!
▲ Fill out the Quit Smoking Calculator to see our special offer and to learn more.

More than 1 million people have turned to QuitNet for support.

"At QuitNet, I learned what to really expect when quitting smoking. I learned ways to cope with cravings, desires and urges to smoke."
- Angie, Ohio

BOSTON UNIVERSITY
QuitNet operates in association with the Boston University School of Public Health.

QuitNet, Don't Quit Alone and the Nicodemon are registered marks of QuitNet.com, Inc.

The Nicodemon is stealing you blind.

Money you will save: **\$1,825.00/year**
Lifetime you will save: **1 month, 25 days, 18 hours/year**

Join Now! Special Offer \$65 for (a longer) life
Usual Price \$99 Per Year

Real Support. Real Value.
Here's just a taste of what you get with a QuitNet membership:

- ▶ **Support When You Need It!**
QuitNet's professional counselors and support community are ready to help you with accurate information and instant encouragement. Over 10,000 support messages exchanged daily! Plus! Buddies, chat and clubs.
- ▶ **Reliable Information**
Browse the web's deepest pool of accurate, science-based info, written and regularly reviewed by physicians, researchers and counselors in the field.
- ▶ **Personal Quit Plan**
Fun, easy-to-use quitting tools make sure you get the information you need when you need it the most:
 - Quit Date Wizard
 - Customized Quit Tips email
 - Calendar and journal
 - Personal profile
 - And more!
- ▶ **Med Support and Discounts**
Find out what's available, and what's right for you. Medication Guide and Wizard, access to expert advice, discounts on quitting meds and more.

Join Now! Lifetime membership only \$65.

See all benefits of membership

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