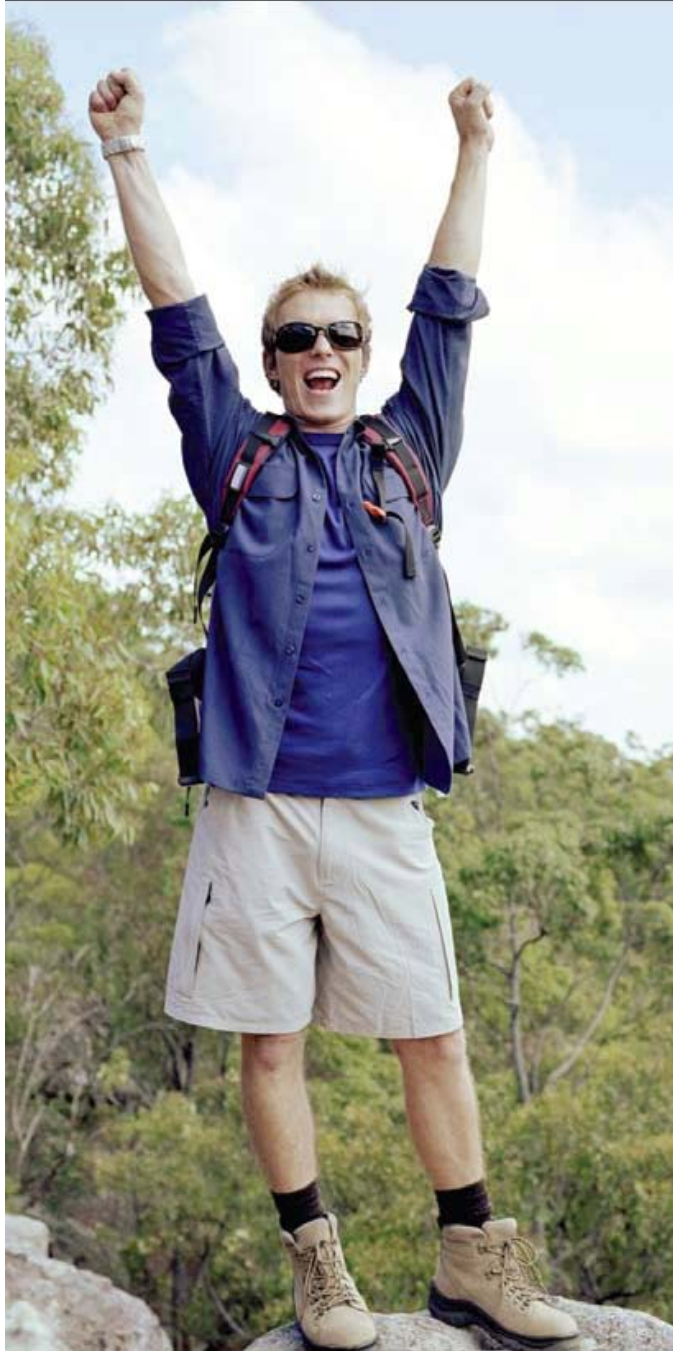


All CNO Associates/Spouses

CIGNA Quit Today®

In the CIGNA HealthCare Medical Plan

Quit tobacco today. Live better tomorrow.



Our CIGNA Quit Today® program helps you develop a personal quit plan to become and remain tobacco free.

****If you are an associate or spouse on CNO's medical plan, you can now earn incentives into your Health Savings Account!***

You can choose from two convenient options, a telephone program or an online program – or use both.

Telephone program:

- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Tobacco cessation 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

Online program:

- Personal quit plan
- An 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts*
- Secure, convenient support

Quit tobacco today. Live better tomorrow
enroll in the CIGNA Quit Today program today!

Just call **1.855.246.1873** or visit myCIGNA.com.



**it's time to feel better
GO YOU!**

Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company

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