

# About the Free & Clear® Quit For Life™ Program

## **IU Tobacco-free Wellness Program Tobacco Cessation Plan for Full-time IU Academic and Staff Employees**

You know tobacco is bad for you, you've heard why a hundred times. And deep down, you know the benefits of quitting. Yet, no matter how hard you try, you can't seem to quit for good. It's hard to escape from such a powerful addiction. You can break free. Just because you've tried before and didn't quit for good, doesn't mean you can't. Every time you try to quit you learn something new. And if you have quit for any length of time, you've probably already felt it: the wonderful freedom of not being addicted to tobacco.

Regardless of where you are in the process, Free & Clear can help.

Free & Clear offers one of the most successful tobacco treatment programs available today. Why? Because it helps you quit your way – by finding out what has worked for you in the past and what hasn't. Then by creating a quit plan just for you that includes:

- ◆ One-on-one phone-based sessions scheduled at your convenience
- ◆ Toll-free telephone access to Quit Coaches for the duration of the program
- ◆ Delivery of recommended nicotine replacement products (such as the patch, gum, or lozenge) at no cost to you.
- ◆ Recommendations for medications like bupropion or Chantix (covered under IU-sponsored employee medical plans and the IU Tax Saver Benefit Plan).
- ◆ A Quit Guide designed to help you stay on track between calls

*Who is eligible?* All full-time IU Academic and Staff employees and their family members age 18 or older even if they are not enrolled in an IU-sponsored medical plan.

To join the program or find out more, call 866.QUIT.4.LIFE (866-784-8459) or visit [www.freeclear.com/iu](http://www.freeclear.com/iu).

For nearly 20 years, Free & Clear has helped thousands of people quit using tobacco. Be one of them, and be free.