



NATIONAL ASSOCIATION OF LETTER CARRIERS

HEALTH BENEFIT PLAN



20547 Waverly Court, Ashburn, Virginia 20149 • (703)729-4677 or 888-636-NALC (6252)
Fredric V. Rolando, President • Stephanie M. Stewart, Director

Dear Member:

HURRY! Offer good September 1st - 30th.

Nicotine cravings and withdrawals make quitting hard, but tobacco users don't have to tough it out alone. The NALC Health Benefit Plan has partnered with the Quit For Life® Program to offer a special incentive for the month of September to help you quit tobacco use for good.

When you enroll and talk to a Coach in September, the Quit For Life® Program will provide the standard eight weeks of nicotine patches or gum plus an additional two extra weeks of gum if you qualify. Studies show withdrawals and cravings are less intense when the patch is used with the nicotine gum.

The additional two weeks of nicotine gum is only available in September, so don't wait. With quit aids, digital tools and one-on-one support from a Quit Coach®, even tobacco users who've tried to quit before can now succeed.

To get the patch, gum or both, tobacco users must enroll in the Quit For Life® Program and complete one call with a Quit Coach during September.

1-866-QUIT-4-LIFE (1-866-784-8454)
www.quitnow.net/nalc

Sincerely,

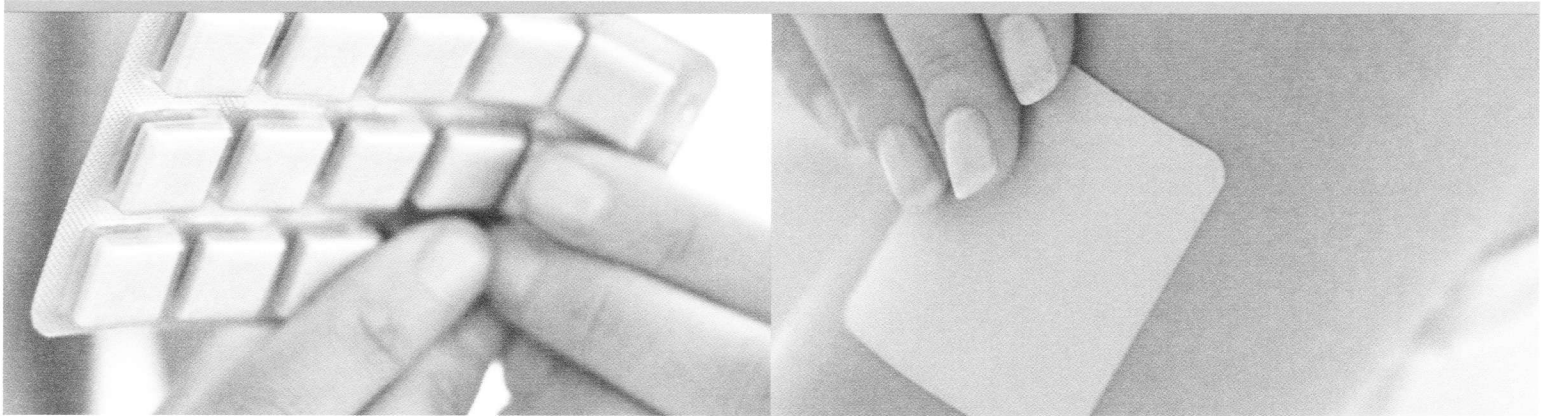
Stephanie M. Stewart
Director

Board of Trustees
Michael J. Gill Lawrence D. Brown, Jr., Ch. Mack I. Julion





Quit For Life® Program



Chewing? Smoking? Vaping? We can help.

Get gum, patches or both to help you quit and manage your cravings.

Bonus offer during September:

- Enroll in the Quit For Life® Program.
- Receive up to 8 weeks of nicotine gum or patches **plus an additional 2 weeks of gum**, at no cost.^{1,2}
- Talk with a Quit Coach® for personal advice and to learn how to take advantage of this BONUS offer for extra support.

Don't delay, take advantage of this 1-month BONUS offer and break free from tobacco — for good.

1-866-QUIT-4-LIFE, TTY 711

quitnow.net/nalc

BONUS OFFER DURING SEPTEMBER



¹ Provided at no cost as part of your benefits plan. Please call for information about the program and aids available to you under this program.

² If applicable and as determined by your Quit Coach, participants smoking nine or more cigarettes per day and spit tobacco users chewing two or more tins per week may qualify for combination therapy.

The Quit For Life® Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life® Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, or if you are unsure whether Quit For Life® is suitable for you, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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