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Tobacco Cessation Program

Quit for Life Program

If you are a tobacco user and want to quit, take advantage of the **free** Toys"R"Us Tobacco Cessation Program - Quit for Life.

When you enroll, an expert Quit Coach will help you create a quitting plan tailored to your individual needs.

You'll receive:

- Up to five outbound coaching calls
- Unlimited toll-free access to a Quit Coach® staff member for the duration of the program
- A printed workbook and access to Web Coach®, an online community filled with e-learning tools, social support and information about quitting.

You may even qualify for free nicotine replacement therapy! **And if you're enrolled in Toys"R"Us medical coverage and successfully complete the program by completing 5 calls with your Quit Coach, you'll be eligible for the tobacco-free discount on your medical premiums!**

The Quit For Life® Program employs the Four Essential Practices to Quit For Life, evidence-based principles to help people quit all types of tobacco.

- **QUIT AT YOUR OWN PACE:** Quit on your own terms, but get the help you need, when you need it.
- **CONQUER YOUR URGES TO SMOKE:** Gain the skills you need to control cravings, urges and situations involving alcohol.
- **USE MEDICATIONS SO THEY REALLY WORK:** Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.
- **DON'T JUST QUIT, BECOME A NONSMOKER:** Once you've stopped using tobacco, learn to never again have that "first" cigarette.

For more information or to enroll call 1-866-QUIT-4-LIFE (1-866-784-8454); online www.quitnow.net (<http://www.quitnow.net>).

(For online: Enter "Toys"R"Us in the Employer field, leave Medical Plan blank, enter your zip code, then hit Go to be taken to the Registration link).

Resources:

- [Quit for Life brochure \(/media/1980/q4l-brochure.pdf\)](/media/1980/q4l-brochure.pdf)
- [About the Quit for Life program \(/media/1898/about_quitforlifeprogram-final.pdf\)](/media/1898/about_quitforlifeprogram-final.pdf)
- Get the Quit for Life [mobile app \(/media/1979/q4l-poster.pdf\)](/media/1979/q4l-poster.pdf)!

The Quit for Life program is open to benefits eligible team members. Enrollment in benefit coverage is not required.

Receiving the Tobacco-Free Discount After Completing the Program

If you are a tobacco user who has successfully completed the Tobacco Cessation Program - Quit for Life, by completing 5 calls with a Quit Coach, you'll begin to receive the Tobacco-Free discounts once Quit for Life notifies the Benefits Team of your completion.

Any team member who knowingly makes a false certification regarding the completion of the Quit for Life program may be subject to disciplinary action up to and including termination of employment.

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