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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.

The program also offers free nicotine replacement therapy - 8 weeks of the patch and 2 weeks of the gum!

Enrolled in Toys"R"Us medical coverage? If you complete 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.

The information on this site does not supersede plan documents. If any information on this site conflicts, the plan documents will control in all cases.

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