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Tobacco Users: Join The Great American Smokeout on November 17th!

Friday, November 04, 2016

Not long ago, everyone thought smoking was the thing to do. Times have changed. So can you. Start with the American Cancer Society Great American Smokeout® on November 17.

Every year, smokers and the people who care about them rally together on this special day. They know quitting is easier with help and encouragement. That's why Toys"R"Us is proud to offer the Quit for Life® Program at no cost to you. (*The Quit for Life program is open to benefits eligible team members. Enrollment in benefit coverage is not required.*)

A Quit Coach® will help you every step of the way with one-on-one phone calls. Together, you'll map out a personalized quit plan that's right for you. Throughout your quit, a coach will give you tips to fend off cravings, handle social situations, and avoid the emotional and physical triggers that derail your success at home and work. You may even qualify for free nicotine replacement.

Along with coaching, you'll also receive:

- Advice about nicotine substitutes and medication that may be right for you. Talk to a coach to see if you qualify for quitting aids to help you cope with cravings like nicotine patches or gum.
- A copy of our step-by-step Quit Guide to help you stay strong throughout your quit.
- Access to Web Coach®, a vibrant online community where you can complete activities, watch videos, track your progress and connect with other individuals trying to quit.
- Personalized text message reminders, tips and encouragement tailored to help you quit.

If you smoke, make a plan to quit. Mark the Great American Smokeout® as the day you'll start. **And if you're enrolled in a Toys"R"Us medical plan and complete 5 calls with a Quit Coach, you'll qualify for the Tobacco-Free Discount on your future medical premiums! Learn more [here](#)**

Call 1-866-QUIT-4-LIFE (1-866-784-8454), or visit [quitnow.net](#).

Author

The Benefits Team

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