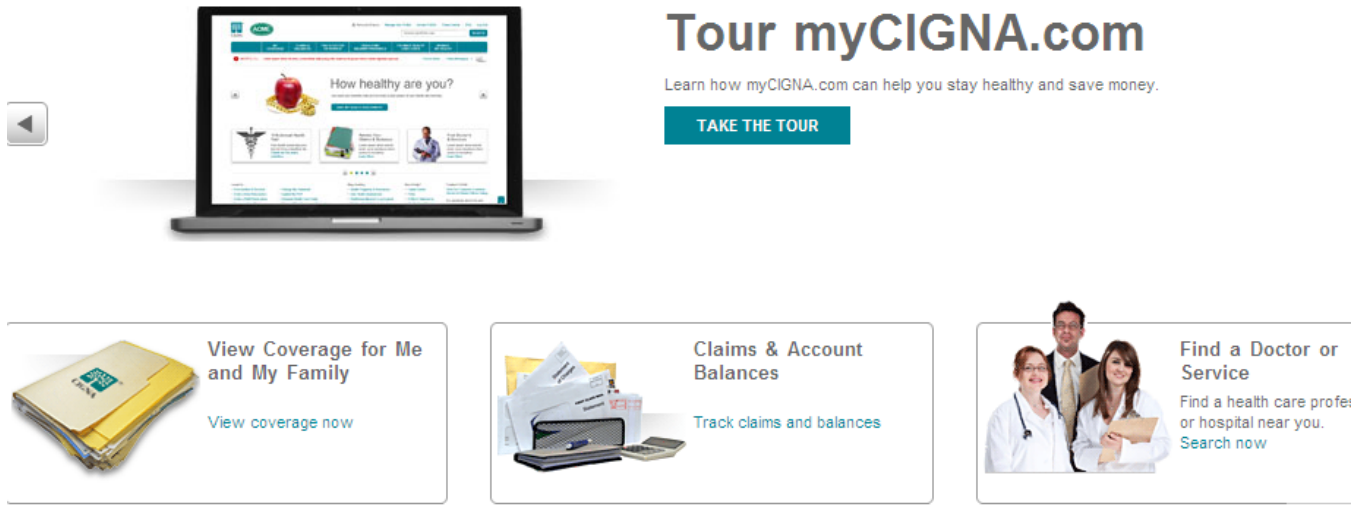
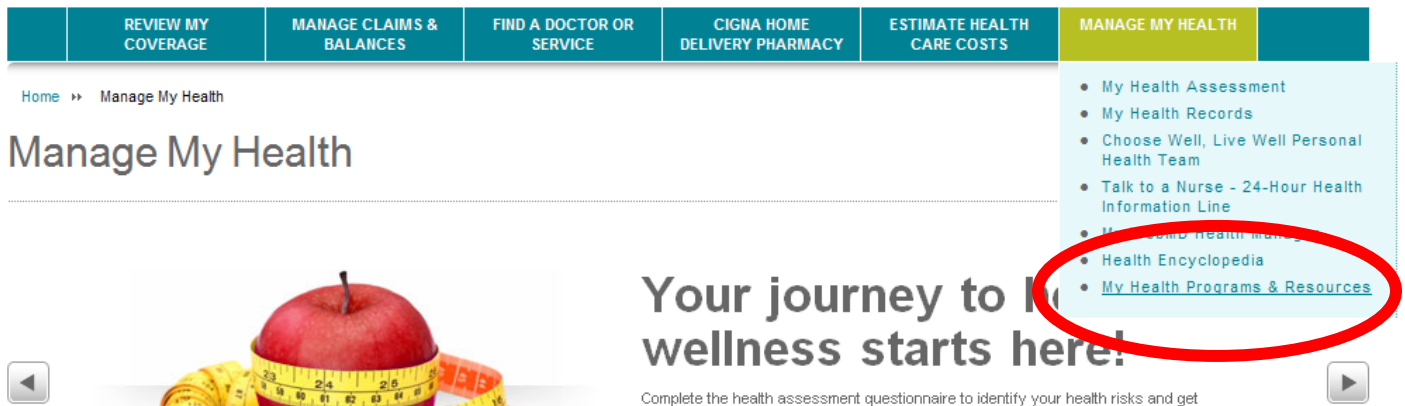


After logging in, to find the Quit Today program:

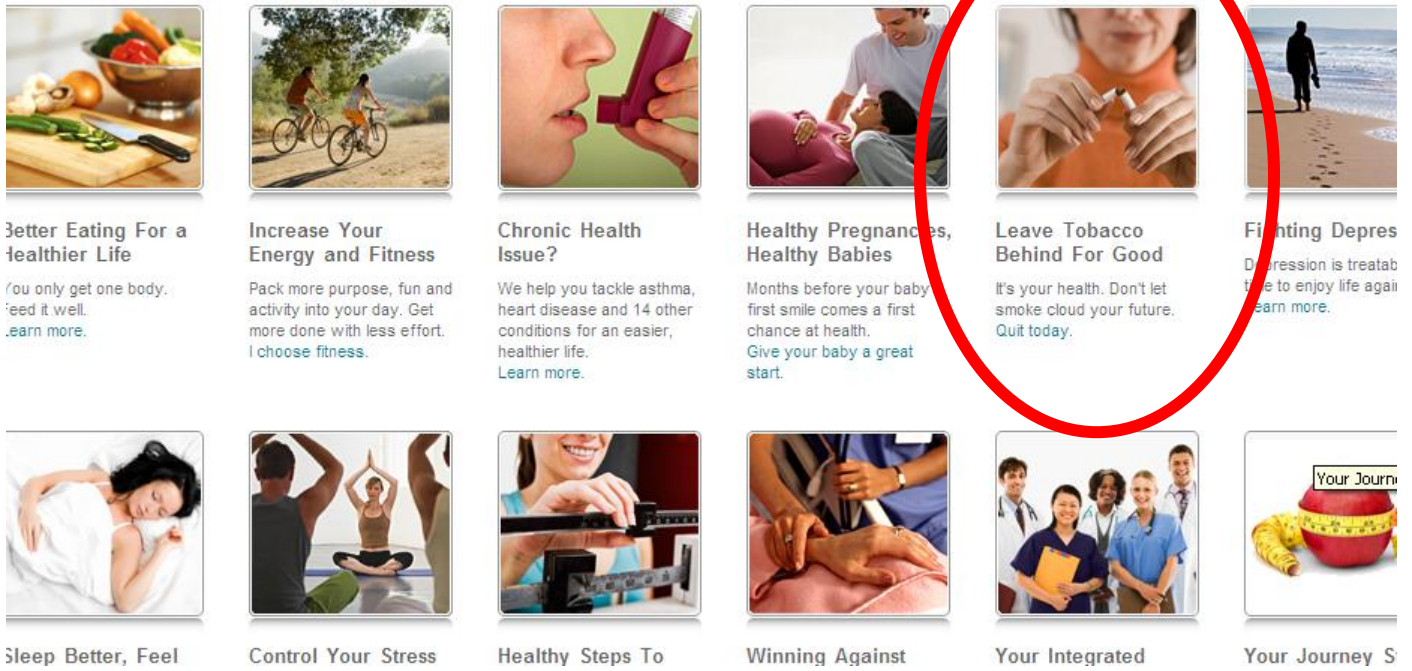
1. Go to the far right of screen and click on the tab “Manage My Health”



2. Scroll down and click on “My Health Programs & Resources”



3. Select "Leave Tobacco Behind for Good"



Better Eating For a healthier Life
You only get one body. Feed it well. Learn more.

Increase Your Energy and Fitness
Pack more purpose, fun and activity into your day. Get more done with less effort. I choose fitness.

Chronic Health Issue?
We help you tackle asthma, heart disease and 14 other conditions for an easier, healthier life. Learn more.

Healthy Pregnancies, Healthy Babies
Months before your baby's first smile comes a first chance at health. Give your baby a great start.

Leave Tobacco Behind For Good
It's your health. Don't let smoke cloud your future. Quit today.

Fighting Depression
Depression is treatable. It's time to enjoy life again. Learn more.

Sleep Better, Feel...

Control Your Stress

Healthy Steps To...

Winning Against...

Your Integrated...

Your Journey S...

4. Click on "Kick the habit today"

Tobacco Cessation



Living Tobacco Free

Seventy out of 100 smokers want to quit, but less than five of them will succeed without help. CIGNA's Living Tobacco Free program can make the difference. In fact, more than eight out of 10 people who complete the CIGNA program are still tobacco-free a year later.

[Kick the habit today](#)

RELATED LINKS

- [Healthy Rewards® Discounts](#)
- [Understanding Your Coverage](#)

NEED HELP

Overview

- [Healthwise: Quitting Tobacco Use](#)

Tools & Resources

- [Interactive Tool: Are You Ready to Quit Smoking? - What does this tool measure?](#)

5. Click “Yes” to sign up for this six-week program.



Living tobacco free: Prepare to quit for good

Quitting tobacco is not always easy. This program helps you prepare a plan to live tobacco free. Setting realistic goals, identifying at barriers and tobacco triggers, building support networks and understanding your tobacco habit are all skills that will help you on that journey.

Have you already started this program? If so, please [Continue](#) to your step

Living tobacco free: Prepare to quit for good comes in two phases: “Preparing to quit” and “Ready to quit”.

Preparing to quit (Steps 1 and 2)

- Your tobacco use
- Your quit plan

Ready to quit (Steps 3 to 6)

- Quit week
- Living tobacco free
- Improving your health
- Your tobacco-free future

Sign up for this free six-week program.

Yes No



6. Select your preferred email format, gender, marital status, and state. Then click “continue.”

Please confirm your email details

Please enter your email address

Confirm your email address

What is your preferred email format? HTML

Plain Text

What is your gender?

Male

Female

What is your marital status?

State

[Continue](#) [Cancel](#)

7. Next steps are to choose a quit date, answer assessment questions, and complete tobacco report.



Living tobacco free: Prepare to quit for good

Living tobacco free: Prepare to quit for good

This is a six-step program that comes in two phases: "Preparing to quit" and "Ready to quit".

Preparing to quit

Steps 1 and 2 focus on your tobacco use as well as your thoughts and feelings around quitting, and the reasons you want to quit. These steps also look at what triggers you to use, and your behavior surrounding tobacco. You will learn how to develop a quit plan to reach your goal.

Ready to quit

Step 3 is the week you put your quit plan into action. You'll learn how to use a support system and how to avoid tobacco triggers. This step will help you look more closely at the goals and reasons you want to quit. Steps 4 through 6 focus on your lifestyle and health and how to stay tobacco free in the future.

Your quit date

The recommended program is to move from Step 1 through Step 6 week by week. Step 3 is when you start your quit plan and is two weeks away from today.

If you feel that you have the confidence and motivation to quit now, then you can set your quit date for today and begin Step 3 right away. At this point you will also be able to read through the information in Steps 1 and 2 "Preparing to quit", so you're not missing out.

Or maybe you're almost ready, but just need a few more days to think about it. If this is you, then choose an earlier quit date within the next fourteen days. On your chosen date you will have access to Step 3 as well as the "Preparing to quit" steps.

Please choose your quit date carefully. There will be opportunities to alter it later, but the date you select now is set for 24 hours.



Choose quit date

Monday September 26, 2011

Select

8. Then you will get to the welcome and begin with Step 1.

CIGNA Living tobacco free: Prepare to quit for good
Home | Edit profile | Contact us | Log out

PREPARING TO QUIT READY TO QUIT
MY TOBACCO REPORT STEP 1 STEP 2 STEP 3 STEP 4 STEP 5 STEP 6

Welcome to Step 1: Your tobacco use

Understanding your tobacco use

So you're planning to quit smoking. Congratulations! You've already taken the first step towards living a tobacco-free life by joining this program.

In this section, you'll:

- Gain a better understanding of your tobacco habit.
- Discover your reasons for smoking.
- Recognize the barriers that may be getting in your way of quitting.
- Identify what's important to you about quitting.

Behavior, beliefs and addiction

People smoke because of behaviors they've learned, personal beliefs, and physical effects on their bodies caused by tobacco use and nicotine addiction. An important part of the quitting process is learning about why *you* smoke.

Physical effects on the body

Nicotine, the drug in tobacco, is highly addictive. Read [what is tobacco](#), to find out more. When you begin to use tobacco regularly, you create changes in your brain that make you want to use nicotine even more. These changes lead to a physical dependence on nicotine. This can make it very hard to quit, because quitting can cause physical symptoms of withdrawal like headaches, difficulty concentrating, and irritability.

My Diary

Keep track of your tobacco triggers and take part in online exercises. [View my diary now.](#)

Contact a coach

Do you need support, or someone to talk to? [Contact a coach](#) for individual telephonic coaching sessions.

Instant Chat

To chat online to a coach now, simply click on the following link. [Click here to begin a chat](#)

Nicotine Replacement Therapy

[Order your pack here](#)

My Tracker

Hi JULIE,
Think about how you're going to cut down over the weeks and the triggers that might set off your cravings. What are your reasons for quitting? Are they important and personal to you?

Tobacco Usage/Day

high	orange
med	yellow
low	light blue
very low	light green
0	dark green

09/12/2011

[Expand Tracker](#)

My Tools

My Diary
Keep track of your tobacco triggers and take part in online exercises

Savings Calculator
Work out how much you spend on tobacco and how much you'll save when you quit

My Downloads

Hazards of smokeless tobacco
Chewing tobacco has its own

9. Be sure to call Cigna at 1-800-767-7141 to talk to a coach about nicotine replacement therapy.

10. Continue each week through the 6 steps. When the program is finished you will receive a completion certificate. Keep it for your records.