

# QuitCare

If you are a smoker and are ready to kick the habit, SummaCare can offer you support. The best part? It's **free** and easy to get started! All you have to do is pick up the phone.

- 1 Dial **877.471.2101 (TTY 888.229.2182)**.
- 2 Quitting specialists will enroll you in the FREE QuitCare counseling program. You may also choose to receive FREE nicotine replacement therapy.
- 3 If you decide to use the nicotine replacement therapy, after verifying your enrollment with SummaCare, a four-week supply of nicotine replacement therapy is automatically delivered to your home through the supplier. (Be sure to have your member ID number available for membership verification.\*)
- 4 SummaCare will pay for your supply of nicotine replacement therapy for up to eight weeks.
- 5 Quitting specialists will work with you through the emotional ups and downs along the way and help you to replace your daily behaviors associated with smoking.



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For more information information about the QuitCare program, please call **877.471.2101 (TTY 888.229.2182)** or visit **[summacare.com](http://summacare.com)**.

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\*If you continue to participate in QuitCare counseling and would like another supply of nicotine replacement therapy, your enrollment with SummaCare will be verified and you will receive another four-week supply.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal.  
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