

# QuitCare

If you are a smoker and are ready to kick the habit, SummaCare can offer you support. It's a **no-cost** service, and it's easy to get started! All you have to do is pick up the phone.



- 1** Dial **877.471.2101** (TTY **711**).
- 2** Quitting specialists will enroll you in the QuitCare counseling program. You may also choose to receive a limited supply of nicotine replacement therapy at no cost.
- 3** SummaCare will pay for your supply of nicotine replacement therapy for up to eight weeks.
- 4** 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. (Be sure to have your member ID number available for membership verification.\*)
- 5** Quitting specialists will work with you through the emotional ups and downs associated with this life change. They'll also help you find ways to alter your daily behaviors that you've associated with smoking.

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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.

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For more information about the QuitCare program, please call **877.471.2101** (TTY **711**) or visit **[summacare.com](https://summacare.com)**.

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