



# Want to quit smoking? CDPHP<sup>®</sup> can help.

CDPHP is committed to the overall health of our members, which means we do more than just offer coverage when you're sick or hurt. We also want to help you form healthy habits and stop unhealthy ones. Quitting smoking or vaping is not easy, but with the right support, you can kick the habit. CDPHP offers a range of resources\* to help you go smoke-free — choose what works for you!



## With Your Doctor

Your primary care physician (PCP) can provide focused counseling, as well as a written prescription for nicotine replacement therapy, such as patches or gum and prescription products like Chantix.\*\* If you don't already have a PCP, use [findadoc.cdphp.com](http://findadoc.cdphp.com) to locate one near you.



## With An App

Quit on your own schedule and at your own pace with Pivot. You'll receive access to a dedicated quit coach and online community, customized tips and activities, nicotine replacement medications, and a mobile breath sensor for real-time biofeedback — all at no extra cost. Visit [pivot.co/cdphp](http://pivot.co/cdphp) to learn more.



## On The Phone

CDPHP partners with Roswell Park Cancer Institute to offer CDPHP Smoke-Free™, a **no-cost**, individualized, phone-based counseling program. Visits include focused, supportive counseling and nicotine replacement therapy. Call 1-866-697-8487 to enroll.



## With A Group

Are you looking for someone who understands and shares your same struggles with quitting smoking or vaping? You're not alone. The Butt Stops Here program offers group support and a complimentary two-week supply of nicotine patches or gum. The program is **free** for CDPHP members.

Visit [www.cdphp.com/quitsmoking](http://www.cdphp.com/quitsmoking) to learn more about these resources, eligibility, and how to start living a smoke-free life today.

\* Members should contact member services with eligibility questions.

\*\* Pharmacy products are covered for members with prescription drug coverage through CDPHP.