

Tobacco Quitline

The Dow Chemical Company is pleased to introduce this resource from the American Cancer Society, and remind you of other resources that can help you successfully quit using tobacco for good.

Quitting Tobacco Isn't Easy – This Time You Have Help

Smoking accounts for an estimated 440,000 premature U.S. deaths each year. That's why Dow has teamed up with the American Cancer Society (ACS) to offer you a toll-free Quitline – a tested and proven, telephone-based counseling program that will help you stay focused on your personal reasons for quitting tobacco.

Research indicates that tobacco users are more successful in quitting if they have help from a combination of methods, including nicotine replacement therapies (NRT), telephone counseling, self-help materials, and support groups.

Tobacco Quitline – 877-261-7848

Dow has partnered with the American Cancer Society to provide access to a dedicated toll-free Quitline for U.S. Dow employees, retirees, and family members, aged 18 years and older.

Each phone call you make to the Quitline is confidential. On your first call, a Quitline counselor will work with you to assess the level of your tobacco addiction. This will help the counselor enroll you into a quit-tobacco program designed just for you. You will also learn about support programs available in your community; find out which medications can help you quit; and receive materials to help you prepare for your attempt to quit and stay quit for good.

It's your turn to join the millions of Americans who have successfully quit using tobacco. Call the Dow-dedicated Quitline at 1-877-261-7848 today, and double your chances of quitting for good.

- All callers, regardless of benefits status, can receive self-help materials and referrals to community resources, free of charge.
- Callers can choose to enroll in an evidence-based, telephone counseling program for \$155 that can include nicotine-replacement therapy for an additional, discounted fee. The counseling and nicotine-replacement expenses are eligible for reimbursement to U.S. AETNA Map Plus and Catastrophic benefits plans members.

Call the Quitline at 1-877-261-7848 and take advantage of this exciting new option to help you go tobacco free.

Tobacco Cessation Reimbursement Program

The Tobacco Cessation Reimbursement program provides 100% reimbursement for eligible tobacco cessation expenses up to an annual reimbursement maximum of \$1,000 per covered member. Dow employees, retirees and their family members enrolled in the U.S. MAP Plus and Catastrophic benefits plans are eligible. Eligible expenses for tobacco cessation include:

- Individual or group consultation
- Support group, class or workshop
- Nicotine replacement products (e.g., gum, patch)
- Tobacco cessation medications (FDA-approved, prescription medicines for smoking cessation, including Chantix® and Zyban®, are reimbursed under this program)

This benefit is separate from the Preventive Screening Allowance.