

Quit the Nic

If you smoke, are you ready to become tobacco-free and start a healthier lifestyle? Quit the Nic can help.

Quit the Nic is the Blues' free tobacco cessation program. It offers:

- One-on-one telephone-based counseling with a registered nurse
- An action plan
- Educational materials

To enroll in Quit the Nic or to receive more information, call **800-811-1764**.

MiBCN.com



**Blue Care
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