

# What's your big "but?"



*"I want to quit smoking, but ...*

... work is stressful right now

... I might gain weight

... the holidays are coming

... maybe next month"

Stop-smoking support can help you quit for good. Plus, nicotine patches are **free** when you talk with a quit coach.

Call today and lose that big "but."

**1-888-662-BLUE (2583)**

**BlueLink**<sub>TPA</sub>

An independent licensee of the  
Blue Cross® and Blue Shield® Association  
serving residents and businesses  
of Minnesota



BlueLink TPA pays for the quit coaching service. Your employer pays for nicotine replacement therapy. Either nicotine patches, gum or lozenges are mailed to participants whose medical history allows their safe use.