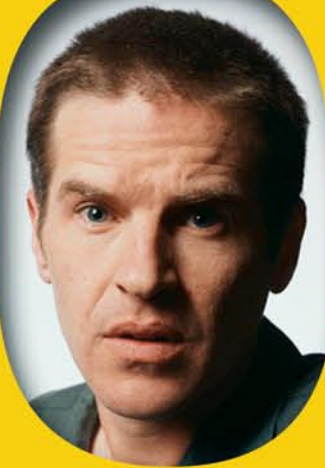


Q Ready
to **Quit?**



Help
is
Here!



Even if you have tried before, there are new medications and approaches that can help you quit for good. Talk with Human Resources, check with your health plan or call your local Tobacco Quit Line at 1-800-QUIT NOW to find out what help is available.