

# Want to free yourself from tobacco—for good?



**If you want to quit smoking or using tobacco, the iCan Quit program offers you support and tools that really work.**

If you're like most smokers, you've tried to quit before and failed. But don't give up. Studies show that smokers who enroll in a tobacco cessation program are more likely to be successful at quitting smoking. That's why your company offers you Ceridian's iCanQuit program. iCanQuit is designed to give you the plan, the tools, and the support you need to quit for good. You'll work with a personal health coach over the phone and online when it's convenient for you--there are no classes or meetings to attend. When you register, you'll receive your free program materials, including an iCanQuit workbook, mints, quit putty and more. And the program is free and completely confidential.

Call 888-267-8126 to speak with a health coach who can give you the support, advice and information you need. Or visit the LifeWorks web site at [www.lifeworks.com](http://www.lifeworks.com) (user id: **holland** ; password: **hospital**).

Para información sobre este programa en español, visite en-línea en [www.lifeworks.com](http://www.lifeworks.com) o llame al 888-732-9020.

## iCanQuit