

Today's the Day You Can Choose to Live Tobacco-Free.



Take Back Your Life!

Healthways Wellness Program QuitNet® Comprehensive

"It wasn't easy at the beginning, but I made it through and discovered a life without tobacco is a good life."

Your Privacy Is Protected

BMC Software has partnered with Healthways, a leader in well-being improvement solutions, to deliver *the Healthways Wellness Program QuitNet Comprehensive*. For over 30 years, Healthways has inspired more than 38 million people worldwide to achieve their personal best. Healthways protects the confidentiality of your information, in compliance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, which prohibits anyone from receiving your personal health information without your permission. Healthways may provide BMC Software with collective data about its population as a whole, but not any individual health information unless you consent to provide. Healthways does not sell your information and is not a telemarketing service.

Getting Started

- Visit www.mybmcwellness.com and log in.
- Add the Tobacco Cessation focus area to your Well Being Plan.
- Or call **1-866-336-8226** and **select option 3 to speak with a health coach to participate in a telephonic QuitNet program.**

Rediscover Your Tobacco-Free Life

There are plenty of reasons to quit tobacco. Maybe you want to reduce your risk of illness down the road, save money, improve the way you look, smell and feel, or lessen the impact of second-hand smoke on loved ones. When you quit tobacco, you actively take back your life. You no longer have to plan your day, and life, around nicotine.

Choose the Support You Want, When You Want It

Anyone who has ever tried to kick the tobacco habit knows it's not easy. Quitting is a unique process for each person. There is no "best" way to quit. There is only what is best for YOU. That's why *the Healthways Wellness Program QuitNet Comprehensive* meets you where you are in the quit process. Whether you are just thinking about quitting or have tried to quit in the past, this program can guide you where you want to go. *The Healthways Wellness Program QuitNet Comprehensive*, delivered by Healthways, offers you ongoing encouragement from the largest online community of people who have quit or are quitting tobacco. The program also offers access to interactive tools to help you set your quit plan, the most up-to-date tobacco news and friendly, expert advice to give you that extra boost when you need it most.

How This Program Helps You

With help from *the Healthways Wellness Program QuitNet Comprehensive* you can:

- Better understand your tobacco triggers and find coping strategies
- Receive motivation and encouragement from other quitters like you
- Get the support you need throughout the entire quitting process
- Celebrate milestones on your path to a healthier, tobacco-free life

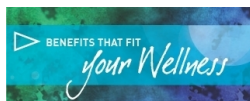
The Healthways Wellness Program QuitNet Comprehensive gives you the flexibility to choose the quit experience that best fits your personal needs, with a mix of support options, including:

- Personal Coaching: Counseling and support phone calls with a trained health coaching team
- Online Tools and Support: 24/7 online access to personalized quitting plans, self-assessment tools, expert advice, quit buddies, and more
- A Quit Guide: A colorful, printed guide filled with everything you need to know about quitting tobacco—from making the decision to quit to staying quit
- Quit Medications: Discounts on over-the-counter and prescription quit medications, including nicotine patches, gum, and lozenges
- Quit TipsSM E-mails: Info and tips to help you stay quit, sent right to your Inbox

Healthways Wellness Program • www.mybmcwellness.com • 1-866-336-8226



HEALTHWAYS



You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

