

Do it for them. Do it for *you*.



Ready to quit smoking?

Your Take Care • Take Charge program has lots of resources to help. Nonunion employees can take advantage of:

Lifestyle Health Coach™

Get personalized telephone support from a certified smoking cessation coach, who can help you kick the habit — for good. Call WellCorp at (866) 733-7020 Monday to Friday, from 8 a.m. to 9 p.m. EST.

Ready, Set, Stop!® Online™

WebMD's 10 interactive sessions can help you make the behavioral changes you need to successfully quit. Go to www.myciserv.com and click on "Quit Smoking."

Prescription Coverage

Many smoking cessation agents are covered under your ICI prescription plan. Talk to your physician about the options that may be right for you. For more information, call Caremark at (866) 559-6908 or go to www.caremark.com.



For more information on ICI's smoking cessation offerings, go to www.myciserv.com.