



We can help you get and stay tobacco free.

During your one-on-one phone calls, our trained, registered nurses will help you:

- Decide when you are ready to quit
- Select a quit date
- Learn how to adopt new habits
- Find ways to overcome triggers



Enroll today!

Visit: bcbsks.com/BeHealthy
or call 1-800-520-3137

Our program, for ages 18 and older, is provided at no additional cost to your existing health care plan, and will not affect your benefits.



bcbsks.com

Participation in the program is completely voluntary. You may choose to discontinue participation in the program at any time. Participation in the program will not affect any health insurance benefits. State of Kansas, Stormont Vail Health and Spirit AeroSystems employees should inquire about disease management program opportunities with their employer. For additional program details refer to the member Rights & Responsibilities located at the bottom of bcbsks.com/BeHealthy/DiseaseMgmt.

Blue Cross and Blue Shield of Kansas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-432-3990 (TTY: 1-800-430-1270).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-432-3990 (TTY: 1-800-430-1270).

Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.