



FOR EMPLOYEES INTERESTED IN QUITTING SMOKING

Printable Wallet Card and Flash Card

The accompanying Beat the Pack™ CD-ROM contains 2 printable templates with similar information. Provided as both a wallet-card size and a 1-page document (8½" x 11"), these templates can be populated and distributed to your employees. The information that you add to these templates provides specific information about smoking cessation benefits covered for medication and counseling. Your employee then takes the wallet card or 1-page document to his or her doctor. With this information in hand, the doctor is able to provide your employee with an appropriate plan to quit smoking.

Instructions for Printing

- Open the wallet card and/or 1-page Word document files
- Populate with the required information and save
- Print in color or black and white, or consider using an outside resource, such as FedEx KinkosSM or Staples[®]
- Print the 1-page document in color or black and white on standard copy paper or whichever stock you prefer
- For best results, print the wallet card on Avery[®] business card stock or equivalent, which is available at Staples[®], FedEx OfficeSM, and other office supply stores
- The wallet card has front and back sides and requires double-sided printing
- Choose the appropriate quantity for each, according to your specific needs
- Distribute either wallet cards, flash cards, or both to your employees

BEAT THE PACK **TAKE THIS INFORMATION TO YOUR DOCTOR**

We at <<< Insert Company Name >>> are committed to your health, and we want to support your effort to quit smoking. Please note that you are covered for the following health benefit(s):

Counseling:
 << Insert specifications, eg, reimbursement for counseling sessions, health vendor, in-house clinic, etc>>.
 See reverse side for quit smoking medicines available through your health plan.

Quit Smoking Medication:

| Product | Co-pay | Additional Information <<Insert coverage specifics, eg, 2 quit attempts per year>> |
|---------|--------|---|
| 1. | | |
| 2. | | |
| 3. | | |

The health information contained above is provided for educational purposes only and is not intended to replace discussions with a health care provider. Speak with your doctor about what treatment option may be best for you.

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Wallet Card

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|---------|--------|---|
| 1. | | |
| 2. | | |
| 3. | | |

<<<Additional Support>>
 <<Keep in mind that we also provide <<<Insert specific information for call line>>>>

Studies have shown that medication along with counseling is more successful than either alone for smokers trying to quit.

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Flash Card

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