



* The amount it costs to support a pack-a-day smoking habit plus the additional amount you'll pay for medical coverage.

Tired of watching your hard-earned dollars go up in smoke? Now is the time to do something about it.

As we prepare to move to a tobacco-free workplace, we're committed to helping you kick the tobacco habit for good. There are many resources available at no extra cost to you, including:

OptumHealth Wellness Coaching program. Get connected with a Wellness Coach who can create a personalized plan that's right for you and help you along the way.

Freedom from Smoking Program. Join a group of people who share the same goal of quitting tobacco at your work location or in your community.

Tobacco-cessation prescription drugs or over-the-counter solutions. The costs of some generic prescriptions are covered 100 percent by the Company. The same goes for nicotine-replacement patches, gum, lozenges and more.

Acupuncture, acupressure or hypnosis. The Company pays for five sessions (up to \$500 for services incurred through 12/31/2012) when you visit an alternative therapy provider.

Save money and improve your health.

Visit the AGBenefits website at www.americangreetingsbenefits.com
or speak with your local Human Resources representative to learn more.



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