



U.S. Foodservice is pleased to announce that the QuitNet tobacco Cessation program is now available to all employees, spouses and same sex domestic partners*!

WHAT IS QUITNET?

QuitNet is a comprehensive service designed to help individual tobacco users through the quitting process. It combines evidence-based methods of treating tobacco addiction with a powerful and effective individually controlled program that is available to anyone, anytime, anyplace.

* How Do I GET STARTED?

- Eligible participants will have two options to register for the service.
- ONLINE:** Go to www.quitnet.com/USF. After you view a description of the services, click the button to ENROLL ONLINE NOW. When prompted for an Authentication code, enter your employee ID number - spouses and same sex domestic partners will need to enter the employee's ID number and identify themselves as a spouse or partner. Proceed to the rest of the registration process.
- PHONE:** Call (877) 279-0622. A representative will ask you for the Authentication code (employee ID), spouses and same sex domestic partners will need to enter the employee's ID number and identify themselves as a spouse or partner. The representative will then assist you in the completion of the registration process.

Quitting smoking is one of the BEST things you can do to improve your health and the health of those around you. With determination, a positive attitude and a little help, you can join a special and ever-growing community of people: ex-smokers.

Program participants may choose from the following support elements, except where noted:

- Comprehensive online support from QuitNet's website. Get a personal plan for quitting, 24/7/365 support from other quitters all over the world, access to cessation counselors, and much more.
- Phone support that includes 5 scheduled calls with a trained cessation counselor. Each call is placed at a strategic interval to ensure you're getting the support you need when you need it.
- A printed guide to quitting. This colorful, 40-page handbook provides information and support for every quitter - from making the decision to quit to staying quit for good.
- Quit Tips email support delivered to your inbox. Check in from anywhere to get helpful tips about staying quit and other information to help you be successful.
- Select from effective stop-smoking medications such as the Nicotine Patch, Nicorette Gum, and Commit Lozenge from GlaxoSmithKline. Provided free of charge with enrollment in Online or Phone support.

WILL QUITNET REALLY HELP ME?

Yes! Currently, only three percent of smokers are successful in quitting on their own for a year or longer. Frequent use and active participation in QuitNet will greatly increase your chances of quitting and staying quit.

QuitNet is based on the most recent scientific research including the guidelines issued by the U.S. Surgeon General. QuitNet's content and user interface has evolved from user feedback and research that identifies ongoing support as critical to successful quitting.



You CAN beat the Nicodemon!



*spouses and domestic partners include those persons as defined as eligible in the company's health plan benefits