

LifeWorks

The Bank provides help with tobacco cessation through our employee assistance program, LifeWorks. You and your family members may use LifeWorks resources.

The iCan Quit Program

Answer a series of questions to provide background on your smoking habit, and your LifeWorks health coach (a nurse with specialized training in tobacco cessation) will help tailor a plan just for you. You'll receive a quit kit with a workbook and other materials. If over-the-counter nicotine replacement therapy (NRT) is a good choice for you, then the Bank will pay for an NRT kit that LifeWorks will send you. Call your coach as many times as you'd like for support; he or she will call you up to four times to follow up on your progress.

If you prefer to enroll by phone:

Call LifeWorks at 888-456-1324 and ask to enroll in the iCan Quit program.

If you prefer to enroll online:

1. Log on to *lifeworks.com* using user ID "fcb" and password 2440.
2. Click iCan Health Management Resources under Specialty Solutions at the top right.
3. On the Specialty Solutions page, scroll down and click "register now." You'll create a personal ID and password and answer some questions. When finished, you'll be returned to the home page.
4. Log in again, this time using your new ID and password. Go to the Specialty Solutions page. Scroll to the bottom and click "link." You'll see a list of health programs. Choose iCan Quit.
5. Click "Join the Program Now."

Other LifeWorks Resources

LifeWorks offers many other resources for quitting tobacco, including articles, tips, worksheets and a You Can Quit workbook — at no cost to you.

To obtain any of these items:

Call LifeWorks at 888-456-1324 **OR**

1. Log on to the *lifeworks.com* using user ID "fcb" and password 2440.
2. Click "Health & Wellness" on the left menu.

Additional Help

- The toll-free number 1-800-QUIT-NOW (1-800-784-8669) connects you to a quit line in your locale that can provide free help.
- Instant-message counseling is available through the National Cancer Institute's LiveHelp service at **smokefree.gov**.
- The American Cancer Society provides a toll-free help line and self-help materials. **cancer.org** or 1-800-ACS-2345
- The American Lung Association provides classes, a toll-free help line and self-help materials. **lungusa.org** or 1-800-LUNGUSA

You can beat the habit,
and we're here to help!

Do It
For You!

Beat the Habit— Go Tobacco Free!



First Citizens
BancShares

Beat the Habit – Go Tobacco Free!

No matter how many good reasons there may be for quitting tobacco, it isn't easy. That's why First Citizens is committed to helping you find the right reason — and the right way — to quit.

Through LifeWorks (our employee assistance program) and Blue Cross and Blue Shield of North Carolina (BCBSNC — our health plan provider), the Bank offers a variety of high-quality programs to help you quit. Choose the method that's right for you — it might be a personalized online plan, phone support, medication, a self-help booklet or a combination of resources.



Get Started

All associates are eligible for the benefits offered through LifeWorks. If you are enrolled in our health plan, then you're also eligible for the benefits offered by BCBSNC.

This Resource Guide outlines the various options available and provides guidance about how to get started. Good luck!



BCBSNC

Blue Cross Blue Shield of NC

If you're enrolled in the Bank's medical plan, you and your covered dependents are eligible for benefits, including the two tobacco-cessation programs listed below.

In addition, the Bank has arranged to waive copays on approved tobacco-cessation medications prescribed by your doctor. At the pharmacy, the information on your BCBSNC card will qualify you for the copay waiver.

Online Healthy Living Program: Breathe

Breathe is part of a full suite of Online Healthy Living programs. You complete an online questionnaire about your habits and life factors that contribute to your tobacco problem. The program instantly generates a personalized quit program just for you. You can use the online Smok-u-lator, which calculates the money you save for every cigarette you don't smoke. As follow-up, you'll receive encouraging e-mails and newsletters with tips for success.

To enroll in Breathe:

1. Go to the Web site bcbsnc.com. If you've already registered on this site, then log in. If not, then create a user name and password.
2. Once logged in, click the Health Programs tab and then Online Wellness Programs. Click "Enter Online Healthy Living Programs." In the pop-up window, select Stop Smoking on the drop-down menu. Click "Go."



Member Health Partnerships Program

Through Member Health Partnerships, BCBSNC provides several resources to help you quit tobacco:

- Quit kit including a booklet and information about other resources
- Discounts on over-the-counter tobacco-cessation products from BCBSNC-approved vendors
- Discounts on Freedom from Smoking Classes provided by the American Lung Association

To enroll:

1-800-218-5295 or e-mail partnerships@bcbsnc.com.

Healthline Blue

As a BCBSNC member, you also have free, unlimited access to Healthline Blue, a 24-hour help line staffed by nurses and respiratory therapists who are certified by the American Cancer Society. They can provide counseling and qualified advice.

To access Healthline Blue:

877-477-2424
(24 hours, 7 days)

