

# Quitting smoking isn't easy. But there's no reason it needs to be hard.

Clickotine® is a fully personalized, clinically proven way to stop smoking, for good. Unlike other app-based programs, Clickotine® is tailored to your personal goals and preferences, so you can quit on your own terms and

on your own timeline. Plus, it includes Nicotine Replacement Therapy.

Best of all, it's **FREE** when you use the exclusive code on the back of this brochure.

The easy-to-use Clickotine® app lets you chart your own quit-smoking journey, and helps you overcome the challenges of ending nicotine addiction.



You'll receive daily motivations and reminders to help you stay focused and fight the cravings.



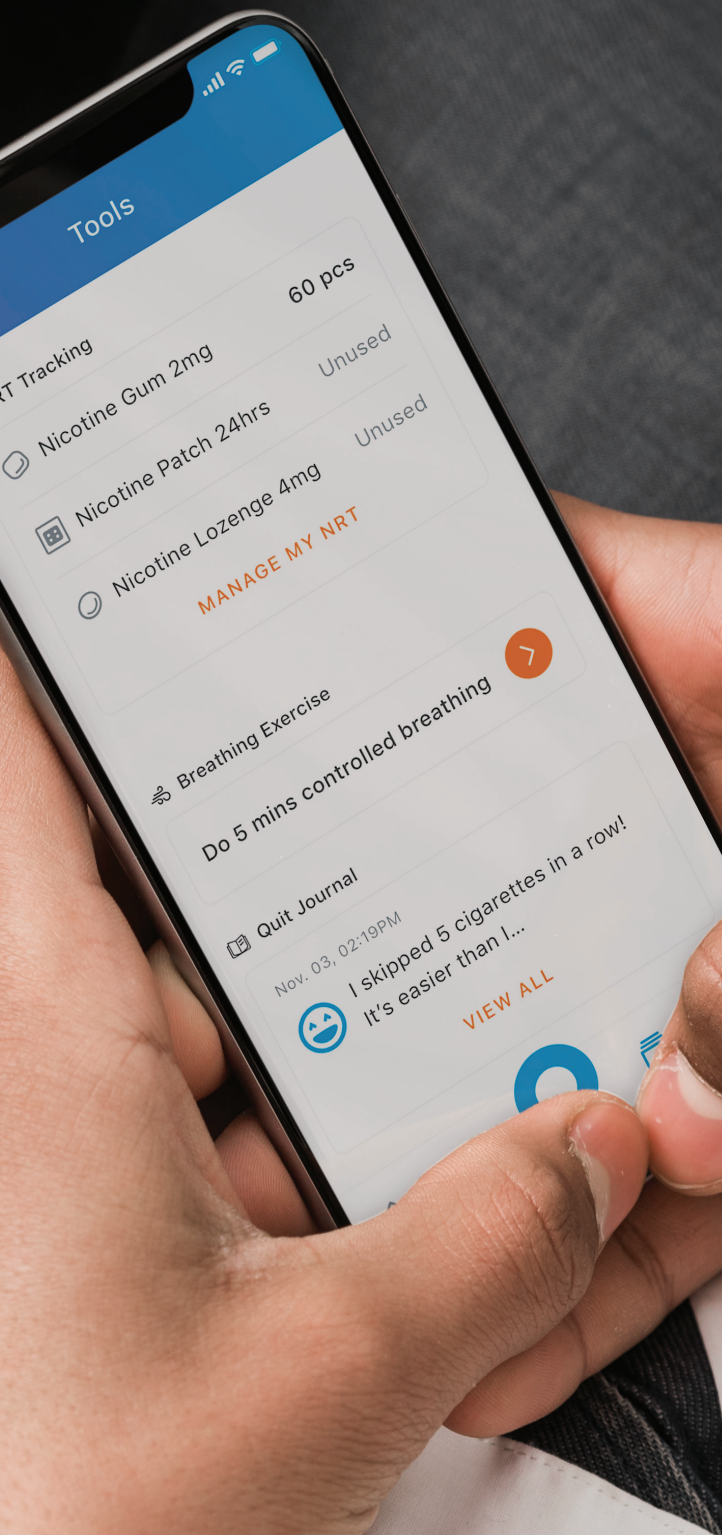
If you need additional help conquering the cravings, you can order Nicotine Replacement Therapy directly through the app.



## **Most importantly, Clickotine® works.**

Developed by leading behavioral experts and addiction scientists, Clickotine® proven to work better than traditional smoking cessation programs. A recent clinical trial showed that over 45% of participants had stopped smoking (no cigarettes, not even a puff), for at least a week following the study.





To get started, simply download  
the Clickotine® app in the App Store  
or Google Play and activate  
your personalized program  
by entering this code:

ENTER CODE

LNV20C

Once you're registered, you can order your  
Nicotine Replacement Therapy and have it  
delivered directly to your home.

### Ready to quit smoking, for good?

Clickotine® is here to show the way.  
Find out more at [Clickotine.com](https://www.clickotine.com)

Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711). ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711). Díí baa akó nínízin: Díí saad bee yáníłt'i'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiił'eh, éí ná hóló, kóji' hódíłnih (505) 923-5420, 1-855-592-7737 (TTY: 711). For more information, visit <https://www.phs.org/nondiscrimination>.



MPC122128

PHP-186 1123

# Quitting smoking just got personal.

## Introducing Clickotine®

Presbyterian Health Plan  
and Presbyterian  
Insurance Company  
Commercial Members



 **PRESBYTERIAN**

Presbyterian Health Plan, Inc.  
Presbyterian Insurance Company, Inc.