

# Quit For Life enrollment instructions

Ready to make a change? Here's how to get the support you need through the Quit For Life™ program. It's confidential and free for employees and retirees who participate in an LCRA group medical plan.

Visit <https://quitnow.net> or call 866-QUIT-4-LIFE.

Here's what you'll see on the Quit For Life website:

**Start your quit. It's as easy as...**

**1 Employer:**  
  
 I'm unemployed

**2 Health Plan:**  
  
 I'm uninsured

**3 Zip Code:**

**GO >>**

1. Lower Colorado River Authority.
2. Skip this field or enter United Healthcare.
3. Your home zip code (not LCRA's).

After you click "GO," enter your name, birth date and some information from your insurance card to complete enrollment.

## Frequently asked questions

### How does the program work?

Quit For Life includes a treasure trove of resources available to you whenever you need it. At a minimum, the program involves five telephone sessions with a Quit Coach™ who will help you create a personal quit plan, determine your quit date and offer strategies and advice for dealing with cravings. Your coach also will help you determine if nicotine replacement therapy drugs are right for you. Additional features include 24/7 access to counseling, a members-only website, text messaging support and more.

### How long will it take?

You can take the program at your own pace. Generally, the program will take two to four months to complete. If you are very motivated to quit, you could complete the program in five weeks. To receive a refund for tobacco fees paid during the calendar year, you will need to finish the program by Nov. 30.

### Do I need to notify Human Resources before I enroll or after I complete the program?

No. Unless you have problems enrolling in the program and need help, there's no need to contact HR before or after the program.

**Upon completion, how quickly will the tobacco fees be refunded?**

It will take about a month to two months to receive a refund of the tobacco fees you paid. You must complete the program by Nov. 30 to receive a refund for tobacco fees paid during the calendar year. HR will receive a report on the 10th business day of each month that includes the names of people who have completed the program. Depending on the timing of the next payday, you should see the refund on your next paycheck. Eligible retirees will receive a refund check in the mail.

**Is the program confidential?**

Yes. The information you provide, and the conversations you have with the Quit For Life team are entirely confidential. If you complete the program, LCRA will receive your name so that we can refund the tobacco fees you paid and waive the fee for the remainder of the year.

**Is the program available for spouses or dependents who are covered under LCRA medical plans?**

No. It's only available to employees and retirees who participate in one of the medical plans. If you want to help a spouse, dependent or friend quit tobacco products for good, check out these [other cessation resources](#).

**Who can I call to ask questions?**

Contact Quit For Life at 866-QUIT-4-LIFE (866-784-8454) for assistance with the cessation program. Contact the LCRA benefits team at [lcra.benefits@lcra.org](mailto:lcra.benefits@lcra.org) if you have questions about our tobacco-free workplace initiative.