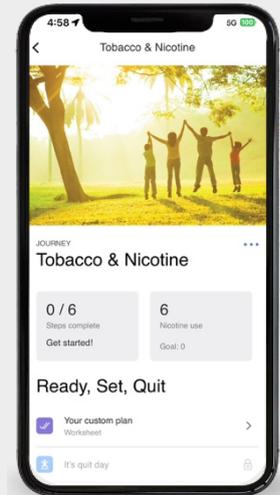


Breathe Easy: Your Journey to Quit Nicotine

Take a positive step for your health today with free support to help you quit. Check out what's available to you, at no extra cost.



Performance by design.
Caring by choice.™



Your Journey to Wellness Program

Tobacco & Nicotine Journey

A self-paced digital program with evidence-based tools and resources to help you quit. Designed to support a longer, healthier life, the Journey follows proven guidelines from trusted sources like the CDC and NIH.

Start with a brief assessment to personalize your path—whether you're thinking about quitting, ready to quit, staying nicotine-free, or supporting someone else. Log into digital.alight.com/cpchem, select "2026 Your Journey to Wellness", then "Journeys" to get started today.

CPChem Wellness Rewards

Earn dollars toward a digital gift card of your choice by completing the Tobacco & Nicotine Journey if your CPChem Biometric Screening is out-of-range. Visit digital.alight.com/cpchem and select "2026 Your Journey to Wellness", then "Earn Rewards" to explore additional rewards available to you.

Other Workplace Benefits

Employee Assistance Program (EAP) and Advocacy Program

The Health Advocate EAP is a free program that offers confidential support and services designed to help you balance the demands of work, life and personal challenges. Call **1-866-799-2691** to talk to an EAP counselor at any time, day or night. Go online to HealthAdvocate.com/CPChem

CPChem Prescription Coverage through CVS Caremark

CVS Caremark is here to help you quit tobacco and improve your health. The CPChem prescription plan offers covered medications designed to support your journey to becoming tobacco-free, which may lower your risk of heart disease, cancer, and other health conditions.

What's Included?

- A variety of options: gum, lozenges, inhalers, nasal spray, tablets, and patches
- Some prescriptions may be available at no cost to you, up to the maximum day supply

Want to Learn More?

- Find out what's covered with or without a prescription under your plan
- Contact CVS Caremark at **1-888-305-3028**
(Have your BCBS of Texas member ID available when you call.)

Take the first step toward a healthier you, we've got the resources to help you succeed.

Check out your other health and wellness benefits. Details online at <https://mycpchembenefits.com/health-well-being>

More resources

Talk with your doctor

And check out helpful websites like SmokeFree.com, CDC.gov/Tobacco and Lung.org/Quit-Smoking



Do something healthy for yourself today.
digital.alight.com/cpchem

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