



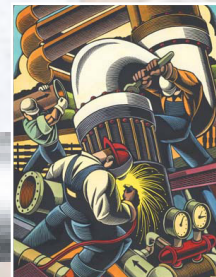
Ever Licked an Ashtray?

That's what kissing a smoker tastes like.

To help you quit smoking, the Trustees of the Connecticut Pipe Trades' Health Fund are pleased to offer you access to the Free & Clear® Quit For Life® Program, effective August 1, 2009.

Free & Clear is the nation's leading tobacco cessation program. You will have free access to this important, **confidential** program.

Because your health and well-being are important to us, this is the first in a series of postcards that the Health Fund will send periodically with health and wellness tips, ideas for using your valuable benefits wisely, and more.



Your Pipeline to Good Health



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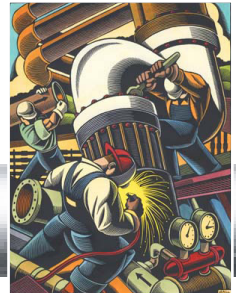
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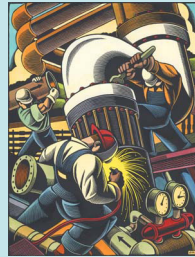
Free & Clear can help you quit.

When you join the Quit For Life program, you'll get the help you need to create an easy-to-follow Quitting Plan. This confidential program includes:

- **Access to Web Coach™**, a private, online resource with activities, videos—you can track your progress and join in discussion groups.
- **Easy-to-use printed workbooks** to help you stick with your plan.
- Recommended type, dose and duration of nicotine replacement or medication (if appropriate), including potential **free nicotine replacement therapy** (patch/gum) mailed to your home.
- **Unlimited toll-free access to “Quit Coaches,”** who offer as much or as little support as you want.

Got questions? Call (866) QUIT-4-LIFE (866-784-8454), or the **Health Fund Office** at (800) 848-2129, or visit www.quitnow.net to find out more about the program or to get started.

Under federal law, all Free & Clear employees are required to protect the confidentiality of your personal health information. It will not be shared with the Fund Office, your employer, or your union.



Connecticut Pipe Trades' Health Fund
1155 Silas Deane Highway
Wethersfield, CT 06109-4318

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