

Click to quit. You can do it!

Ready to try something new? You may have tried to quit in the past without success. Clickotine will give you the boost you need to quit—and quit for good.



Introducing the Clickotine app

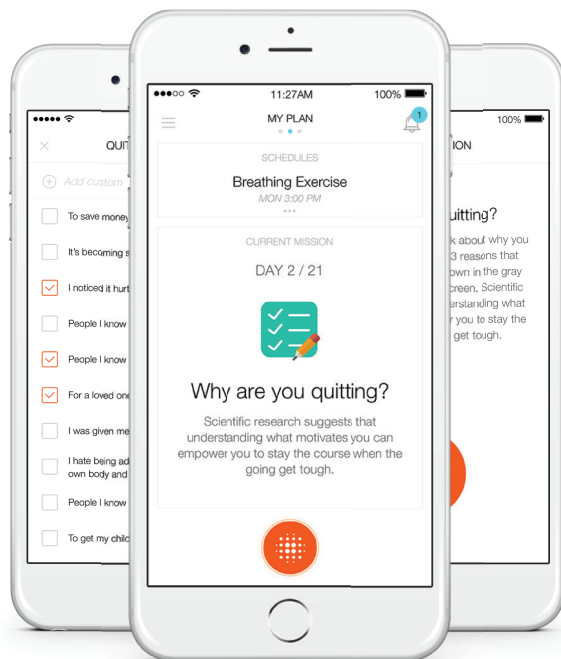
Clickotine is an innovative program that uses clinically-driven app technology to help you create and stick to a quit plan and overcome nicotine cravings. Based on clinical trials and data, Clickotine has a high success rate and includes these key features:

- ✓ **Personalized messaging:** Receive personal messages that keep you on track toward your quit goal.
- ✓ **Controlled breathing:** Monitor and control your breathing—an effective way to reduce nicotine withdrawal symptoms.
- ✓ **Real-time social support:** Post comments and share encouragement with others trying to quit.
- ✓ **Replacement distractions:** Get help diverting cravings to healthier actions.
- ✓ **Money saved:** Track how much money you've saved since your quit date—a powerful motivator for quitting.

Ready to get started?

1. Log in to MagellanAscend.com
2. Click on the Smoking Cessation Program tile
3. Follow the steps to create your account and you're on your way to quitting smoking—that's it!

For technical assistance contact support@clicktherapeutics.com or call Click toll-free at 877-352-5425 (Monday–Friday: 9am–6pm ET)



Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831