

There are so many good reasons to quit. **WHAT'S YOURS?**



The Quit For Life® Program helps people learn to live without tobacco for all kinds of reasons. Enroll now to receive:

Phone Coaching: Having someone to talk to can really help you quit. Our Quit Coach® team understands what you're going through. Best of all, they know what works. During a series of phone coaching sessions, they'll help you map out a quit plan and give you quit tips that really work.

Quit Smoking Medications: Nicotine cravings and the urge to smoke make quitting hard. That's why we talk with you about prescription and over-the-counter medications that can help reduce cravings and withdraw symptoms. We'll help you figure out which ones might be right for you. You may even qualify for free nicotine replacement therapy like patches or gum.

Quit Tools: With the Quit For Life Program, you receive powerful print and online tools to help you live tobacco-free.

- ▶ Use the Quit Guide workbook to stay strong between coaching calls.
- ▶ Connect with other people trying to quit and track your progress on the members-only Web Coach® site.
- ▶ Get Text2QuitSM reminders and tips sent right to your mobile device.

1-866-QUIT-4-LIFE ■ **www.quitnow.net**
(1-866-784-8454)

The Quit For Life® Program can help you quit tobacco.



1. Enroll online or by phone and schedule a time to talk to a Quit Coach.®

2. During your first call a coach will help you **set a quit date**, identify triggers, talk through barriers, create a personalized plan to quit and schedule your second call.



3. Receive a printed workbook by mail.



4. Access the members-only site online or from your phone for support and to track your progress.



5. Get text message reminders and tips sent directly to your phone.



6. Talk to a Quit Coach about medications that can help you **fight cravings.**



7. Continue with scheduled follow-up coaching calls. Plus, you can call in as much as you want – **anytime you need support.**

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The Quit For Life Program is brought to you by American Cancer Society and Optum, a leading health services company. The Quit for Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. [In an emergency, call 911 or go to the nearest emergency room.](#)

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