

Quit For Life[®]



Make This Your Year to Quit Tobacco for Good

If you're like many people, you know **why** you want to quit tobacco. It's the **how** that can feel overwhelming. **Quit For Life[®]** is here to support you and eligible family members. Make this your year to create healthier habits and quit for good. All at no additional cost as part of your benefits plan.



A personal Quit Team

We'll help you build your Quit Plan. Then give you whatever 24/7 support you need — coach-led group sessions, calls, chat, texts — to stick with it.



One step at a time

Work up to a Quit Date with mini quits and milestones. Then use videos, articles and tools to set goals and track your progress.



25 years of success

Quit For Life has helped millions of people build new habits and a healthier lifestyle. We're ready to support you, too.

Your Quit Kit

Get nicotine replacement therapy such as patches and gum, based on eligibility.



Get started at quitnow.net, text **START** to **34191**, scan the **QR code** or call **1-866-QUIT-4-LIFE**, TTY 711.