



Quit For Life® Program

Take the first step toward quitting today.

1.866.QUIT.4.LIFE (1.866.784.8454)
www.quitnow.net



When you join our program, we'll help you create an easy-to-follow Quitting Plan that will show you how to get ready, take action, and live the rest of your life as a nonsmoker. Your Quitting Plan will include:



Quit Coach®. You will have expert phone support and assistance whenever you need it.



Web Coach®. You'll get access to a private, online community where you can complete activities, watch videos, track your progress, and join in discussions with others in the program.



Quitting Aids. We'll help you decide which type, dose, and duration of nicotine substitute or medication is right for you, and teach you how to use it so it really works.



Text2Quit®. In addition to calls with your Quit Coach®, you will receive supportive text messages on your mobile phone to help you prepare to quit, use medications correctly, manage urges, and avoid relapse.



Quit Guide. We'll send you an easy-to-use printed workbook you can reference in any situation to help you stick with your Quitting Plan.

It's FREE. It's confidential. It works.

The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.