

Quit for yourself.

Quit tobacco for the people you love.



Your soul mate, your kids, your parents, your friends — you have a lot of good reasons to quit. The Quit For Life® Program helps people just like you live without tobacco. Enroll now to receive powerful support, including:

- ▶ **Phone coaching** - Talk with a Quit Coach® as often as you like. Together, you'll map out a quit plan, figure out which medicines can help you cope with cravings, and more.
- ▶ **Quit Guide** - Find helpful tips for every day of your quit in this easy-to-use workbook.
- ▶ **Web Coach®** - Access tools and connect with others trying to quit on this members-only website.
- ▶ **Text2QuitSM** - Get personal quit reminders sent right to your mobile phone.
- ▶ **Patches or Gum** - Learn about products that can help you fend off the urge to smoke. You may even qualify for nicotine patches or gum—at no cost to you.*

Get started today.

1-866-QUIT-4-LIFE ■ quitnow.net

(1-866-784-8454)

*Provided at no additional cost as part of your benefits plan.

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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