



Quit For Life® Program

# Take the first step toward quitting today.



1.866.QUIT.4.LIFE (1.866.784.8454)  
[www.quitnow.net](http://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.