

Every tobacco quit starts with a try



Quitting tobacco can seem intimidating. But even just deciding to try is a victory all on its own. So make this the year with powerful support from Quit For Life®. It's available at no additional cost.

Start your try with quit support:



Mini quit exercises to practice quitting and help conquer tobacco triggers



Nicotine Quit Kits* to jumpstart a quit and manage cravings with patches, gum or lozenges



24/7 Quit Team support to access help anytime via phone, chat, text or online group sessions

You have access to Quit For Life, with unique support and tools to try quitting tobacco. If eligible, Nicotine Replacement Therapy may be available to you at no additional cost as part of your enrollment.

Visit quitnow.net to enroll,
or call **1-866-QUIT-4-LIFE, TTY 711.**

