



## **Quit for Life: Tobacco Cessation Program.**


**Cravings are powerful.**

**But so are you. The Path to Quit Starts Now.**

If you've thought about quitting tobacco, Quit For Life® on Rally Coach can help. Get all the tools and online resources you need to quit — and stay quit — at no additional cost.

Complete Quit For Life and you may qualify for removal of the tobacco user surcharge from your medical plan premiums.

 [quitnow.net](https://quitnow.net)

 1-866-QUIT-4-LIFE (TTY 711)

## **Learn More**

[Quit for Life Flyer \(English\)](#)