QUIT FOR LIFE™



Double your chances of quitting for good

Quit For Life® is available to you at no additional cost and gives you tools to help manage your cravings. With free nicotine replacement therapy (NRT) options like patches or gum, you can double your chances of quitting tobacco and nicotine for good.[1]

Set yourself up for success with Quit For Life:

- ✓ Complete a simple self-screening in the app to see if you qualify for free nicotine replacement therapy.
- ✓ Receive patches or gum shipped right to your home.
- ✓ Follow a tailored NRT plan to help you succeed in your quitting journey.

Get coach support:
Talk with a coach who will help create a personalized Quit Plan and guide you.

Manage triggers on the go:
Access coach-led group sessions, trackers, text support, and more in the app.

View quit recommendations:
Get real-life tips and plan your path to quit with daily goals, articles, and videos.

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

Quit For Life is available to eligible members at no additional cost as part of your health benefits. The Quit For Life program is educational in nature and is not a substitute for medical advice.

[1] Hartmann-Boyce, J., Chepkin, S. C., Ye, W., Bullen, C., & Lancaster, T. (2018, May 31). Nicotine replacement therapy versus control for Smoking Cessation. The Cochrane database of systematic reviews. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6353172/

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