American Cancer Society | Quit For Life® Program

# Enjoy life without a cigarette.

## Join the millions of tobacco users we've helped through the Quit For Life® program.

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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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## Enjoy life more...with more support, anytime.

Enjoying more family time. Making more time for friends. Going running more...without running out of breath. The Quit For Life® program is here to help you reach your goals—**at no additional cost to you.** Since 1985, we've helped more than 2 million tobacco users. Now offering the latest online tools, like a mobile app and website, Quit For Life is just like having a coach right at your fingertips—anytime you need support.

## Get the support you need to quit your way.

**Online support.**
Get access to a website with an Action Plan and quit guide to help you beat urges, manage withdrawal symptoms and switch up your habits to avoid tobacco.

**Quit For Life® mobile app.**
24/7 urge management support plus on-the-go access to your program. Download through the Apple® iTunes® App Store® or Google Play™.

**Quit smoking medication.**
You may be eligible for medications to help quit, if you qualify.*

**Live Tobacco-Free course.**
Participate in an online quit tobacco course at your own pace as part of your program. You'll gain knowledge and skills to help prepare you to quit and stay on track—for good.

**Support from a Quit Coach®.**
Talk with a coach, who can help you create a personalized Action Plan to quit and stay on track. Your coach can:

- Create a realistic quit plan.
- Offer quit tips that really work.
- Help you take advantage of complimentary* quit aids, and more.

**Text2Quit℠ and messages.**
Get help when you need it including daily tips, encouragement and reminders.

## Start living tobacco-free.
## Enroll today at myuhc.com®.

Visit the "Health Resources" tab and choose the "Quit For Life" tile.