



## Quit on your own terms, but not on your own.

Whether this is your first time trying to quit nicotine, or you've tried before, you know how challenging it can be. Quit For Life® is here to offer the judgment-free support and personalized guidance that makes quitting achievable.

### With Quit For Life, you'll benefit from:

- ✓ Proven strategies tailored to your unique needs
- ✓ 24/7 access to a dedicated Quit Team
- ✓ Interactive online mobile program with milestones tracking and engaging content
- ✓ Group coaching sessions for peer support and deep-dive conversations

### Mobile app:

Access our integrated mobile app to keep you motivated on the go

### Chat, text, or call:

Old-school or online, you choose how you wish to connect with your coach

### Easier access to NRT:

Complete a simple self-screening in the app to see if you qualify for patches or gum as Nicotine Replacement Therapy (NRT)

...all this is available to you at no extra cost as part of your benefits!

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.

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Sign up today at  
[quitnow.net](https://quitnow.net) or by  
scanning the QR code.

1-866-QUIT-4-LIFE  
(866-784-8454)

