

What is Quit For Life?

Quitting tobacco is a difficult but important action to take for your health. If you need that extra boost of **encouragement** and **support**, Quit For Life may be able to help.

Quit For Life is a program that's designed to help you overcome tobacco or nicotine, including **smoking** and **vaping**.



Quit For Life is included in your health plan at no additional cost



The support you'll receive

When you enroll in Quit For Life, you get access to:



A Quit Coach® to help you create a personalized Quit Plan and guide you at every step



Anytime support that includes coach-led group sessions, trackers, text messages and more



Online resources such as daily goal recommendations, articles, videos, peer support and urge-management tools



Ongoing support to help you control cravings after you quit

Building up the confidence to quit

Tried to quit tobacco before? You're not alone.

For many people, it takes multiple tries to quit for good. Quit For Life provides **encouragement** and **positive momentum** by helping you remember that:

✓
It's OK to feel
initial discomfort



✓
Certain settings may
trigger your urges



✓
Every small
success is a win



Health Management | Quit For Life

Paving a clear path to quitting

The Quit For Life program puts you on a **six-step path** that's designed to give you the confidence you need to quit for good as you progress.

Along the path, you'll receive guidance from a **Quit Coach** as well as receive peer support through virtual group session attendance.



Step 1:
Prepare to quit
with confidence



Step 2:
Make your plan
with a coach



Step 3:
Build up with
"mini quits"



Quit
date



Step 4:
Manage your
cravings



Step 5:
Embrace a
healthier lifestyle



Step 6:
Stay tobacco-free