

HOW DOES QUITTING HELP YOU?

- ✓ Reduces risk of heart disease, stroke, and various cancers.
- ✓ Reduces stress and anxiety levels over time
- ✓ Improves dental health and breath
- ✓ Slows skin aging process
- ✓ Increases overall energy and stamina
- ✓ Reduces contribution to air pollution
- ✓ Adds years to life, especially if quitting at a younger age



OUR VISION

Quitting smoking is one of the most challenging yet rewarding journeys you can embark on. Every year, millions try to quit, but only a fraction succeed. That's where RESIST comes in.

RESIST is more than just another quit smoking app – it's your personal motivator and support system. We combine technology with proven psychological techniques to help you break free from nicotine addiction.

Did you know?

Research shows that smokers with support from friends and family are 39% more likely to intend to quit. Those using quit-smoking tools (like our app!) are 36% more likely to intend to quit (Soulakova, 2018).

Why us?

With RESIST, you'll:

- Track your progress and see your health improve in real-time.
- Get support when and where you need it most.
- Celebrate your achievements and milestones.
- Connect with a community of fellow quitters.

Let RESIST guide you every step of the way.



RESIST

Your Journey to a Smoke-Free Life Starts Here.

How RESIST Works

1

You enter your smoking goals and the places you usually would smoke at and we will do the rest.

2

Finding motivation in continuous progress through the use of reaching milestones and maintaining smoke-free streaks.

3

Monitor all the time and money you have saved through your journey and begin a healthier life for you!



We track your **location** and anytime you are near a zone you would smoke at, we will send you a quick reminder that you are not alone. You can chat with other users on similar streaks to yourself so you can find motivation and comfort in each other (social support is proven to be the top motivator in helping people stay smoke-free!)



Streaks keep you motivated and help you get that psychological reinforcement that you need to break the habit.



Track your **money** and **time** saved so that you can plan for the healthier future that awaits you.



Be the best version of you, for you.