



WESTERN
RESERVE
HOSPITAL

Proudly Physician Owned

Ready to Quit? You're Not Alone

The **FREE Plan Q mobile app** puts the support you need in the palm of your hand.

Key features include:



Customizable tools, such as the smoking log and cost calculator, to help track your progress



Games and inspirational messages to help you when you have the urge to smoke



A built-in support community to make it easy to connect to other users and share your experience



Download the Plan Q app today! Simply search for "Plan Q" in the Apple App Store or Google Play Store. When prompted, enter the following code: **WRH**