

# You want to quit. We can help.

When you join our program, we'll help you create an easy-to-follow plan so you can get ready, take action and live the rest of your life without tobacco.

## Your Quitting Plan will include:



**Quit Guide.** We'll send you an easy-to-use workbook you can reference in any situation to help you stick with your Quitting Plan.



**Quitting Aids.** We'll help you decide which type, dose and duration of nicotine substitute or medication is right for you.



**Quit Coach.** Expert phone support and assistance is available 24 hours a day.

Closed Holidays: Independence Day, Thanksgiving Day and Christmas Day.

# You can quit tobacco. We'll teach you how.

Learn how to become an expert at living without tobacco with our **"4 Essential Practices to Quit for Life."** These practices are based on over 35 years of research and experience in helping people quit all types of tobacco.

## The 4 Essential Practices to Quit For Life

### 1. Quit at your own pace.

Quit on your own terms, but get the help you need, when you need it.

### 2. Conquer Your Urges.

Gain the skills you need to control cravings, urges and situations involving tobacco.

### 3. Use medications correctly.

Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.

### 4. Don't Just Quit.

Once you've stopped using tobacco, learn how to enjoy the rest of your life without tobacco.

Call or enroll online today!  
**1-888-768-7848**  
or **QuitNow.net**



Quit For Life® Program