



**QUIT FOR LIFE**

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

Whether this is your first time trying to quit tobacco or 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 – all at no extra cost as part of your benefits.

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



One-on-one time with an expert coach via chat, text, or phone



Interactive mobile app with milestones tracking and engaging content



Group coaching sessions for peer support and deep-dive conversations



Nicotine Replacement Therapy (like patches or gum) to manage cravings

#### Live Vape Free:

A program made to help young adults quit vaping through online support and inspiring content.

#### Menthol Support:

Extra help for menthol users led by trained coaches, including educational resources and tailored guidance.

#### 24/7 Chat Buddy:

An AI-powered chat feature that helps and rewards you as you quit tobacco.

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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**Learn more at [quitnow.net](https://quitnow.net)  
or scan the QR code.**

1-866-QUIT-4-LIFE  
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