

# Quit For Life<sup>®</sup>



## Ready to Quit Tobacco? We're Ready to Help.

Quit For Life<sup>®</sup> on Rally Coach<sup>™</sup> is designed to give you the confidence you need to quit tobacco for good. Get a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Plus group video sessions, nicotine replacement therapy, and more.

All at no additional cost as part of your benefits plan.

### Count on Tools and Resources in Six Proven Steps

Along your path to quit, a coach will reach out three times, and you'll attend two group sessions.

#### Step 1) Prepare to Quit With Confidence

Get tools like nicotine replacement therapy, such as gum and patches, included at no additional cost.\*

\*If applicable and as determined by a coach.

#### Step 2) Make Your Plan With a Coach

Work with coaches, available 24/7 via phone, chat, or text. They can help you create a personalized Quit Plan and guide you at every step.

#### Step 3) Build Up With "Mini Quits"

Practice quitting with small changes that will help you quit for good.

#### Step 4) Manage Your Cravings

Manage triggers with coach-led group sessions, trackers, text support, and more.

#### Step 5) Embrace a Healthier Lifestyle

Receive real-life tips and plan your path to quit with daily goals, articles, and videos.

#### Step 6) Stay Tobacco Free

Get up to one year of coach support after your quit date to help overcome cravings.

Get started at [quitnow.net/nalc](https://quitnow.net/nalc)  
or call 1-866-QUIT-4-LIFE TTY 711.



RALLY/COACH<sup>™</sup>

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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WF7382239 221602-072022 OHC