



CELEBRATE

Your Freedom From Tobacco

The FREE Quit For Life® Program helps people just like you.

We'll give you the strength and support you need to quit tobacco for good. We understand why you use tobacco. More important, we know how much you really want to quit.

Our Quit Coach® staff will provide a personalized quit plan, along with tips and replacement strategies tailored to your lifestyle. You'll also receive our handy **Quit Guide**, **Text2Quit**SM messages sent to your mobile device, and online access to **Web Coach**® so you can track your progress. Nicotine replacement therapy like patches or gum is also included in the FREE Quit For Life Program.

Discover how good freedom from tobacco feels.

1.866.QUIT.4.LIFE (1.866.784.8454)

www.quitnow.net/nalc



The Quit For Life Program is brought to you by American Cancer Society and Optum, a leading health services company. The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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