



Flat tires, mortgage payments, little league practice and checking in on your folks – you spend your day taking care of everyone else. **Who's taking care of you?**

With the Quit For Life[®] Program, you get the care you need to quit tobacco for good. We understand why you smoke. More importantly, we know how much you really want to quit – for yourself and the people you love.

Our Quit Coach[®] staff will help you map out a personalized quit plan, along with tips and replacement strategies. You'll also receive our handy Quit Guide, Text2QuitSM messages sent right to your mobile device, and online access to Web Coach[®] so you can track your progress and connect with other individuals trying to quit.

Without tobacco, you have a better chance of living a long, happy life with the people you love.

Enroll today.

1.866.QUIT.4.LIFE (1.866.784.8454)

www.quitnow.net



Quit For Life[®] Program

The Quit For Life[®] Program is brought to you by the American Cancer Society and Alere Health, LLC. The two organizations have 40 years of combined experience in tobacco cessation coaching and have helped more than two million tobacco users. Together we will help millions more make a plan to quit, realizing the Society's mission to save lives and create a world with more birthdays.

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