



Quit For Life® Program



WHAT'S YOUR TRIGGER?

If you're a smoker, you know how hard it is to resist smoking in certain situations. Maybe for you, this hot cup of coffee just wouldn't be the same without a cigarette.

When you join the Quit For Life® Program, we'll help you identify the things that make you want to smoke, avoid them while you are quitting and then re-learn how to enjoy them again without wanting a cigarette. Sound impossible? We've helped more than 2 million tobacco users on their journey to quit.

Call or go online today and learn how to take back control over **your** triggers.

Enroll now.

1.866.QUIT.4.LIFE | www.quitnow.net

(1.866.784.8454)



The Quit For Life Program is brought to you by the American Cancer Society and Optum. 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.

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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