



Make the Most of Your Quit For Life[®] Program Calls with These 5 Tips

Congratulations on making a very important decision. It's never easy to quit smoking, but the Quit For Life[®] Program can make it easier. Prepare for your call with a Quit Coach[®] staff member to make the most of your first one-on-one session.

1. Make A Date

Come to your first call with realistic expectations and a Quit Date in mind. Write your quit date on your calendar so we can plan for it together.



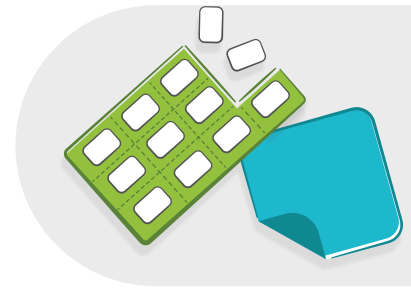
2. Be Real

Start each call knowing how much you smoke or chew and what triggers your cravings. Look for patterns in your tobacco habits. Think about past quit attempts so you can tell your Quit Coach[®] staff member what worked for you and what was not successful.



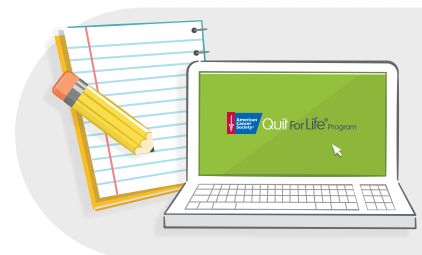
3. Ask Questions

FDA-approved quit medication doubles your chances of a successful quit. Ask your Quit Coach[®] staff member what medications are available and how they work. Most programs include eight weeks of the patch and gum for free. Ask what other medications may be available, and tips for ways to occupy your hands, mouth and mind.



4. Find Your Focus

Traffic, busy schedules, and family needs are distracting. Get the most out of each call by planning ahead. Find a quiet place where you can focus. Follow along with your Quit Coach[®] staff member by having a computer and notebook handy.



5. Plan For the Journey

Quitting takes endurance and commitment. For a lot of people, developing a step-by-step plan to quit over a longer period of time is the most realistic. Work with your Quit Coach[®] staff member to create a plan, and practice the skills you learn to quit tobacco even before you quit.



Quit For Life[®] Program

Call **1.866.784.8454** to make a plan with a Quit Coach[®] staff member today!