

# HOW THE Quit For Life<sup>®</sup> Program WORKS

We're here to help you make the path to quitting smoking a smoother one. Together with your Quit Coach<sup>®</sup> staff member, you'll create a quitting plan that fits you, and work with them through a series of calls to get you to the smoke-free finish line.



## WHAT YOU GET



Text2Quit<sup>SM</sup>



Web Coach<sup>®</sup>  
Online Portal



Free Nicotine  
Replacement Therapy



Unlimited  
Inbound Support



Quit Guide

## READY TO GET STARTED?

1.866.QUIT.4.LIFE | [www.quitnow.net](http://www.quitnow.net)  
(1.866.784.8454)

The Quit For Life<sup>®</sup> Program is brought to you by Alere Health, LLC and the American Cancer Society. The two organizations have 40 years of combined experience in tobacco cessation coaching and have helped more than 2 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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