

# Quit For Life®



## Tools to Support Your Quit

Quit For Life® on Rally Coach™ is available to you at no additional cost and gives you tools to help manage your cravings. Nicotine Replacement Therapy (NRT), like a patch or gum, can help you double your chance of quitting tobacco and nicotine for good.



### Receive NRT Recommendations

Overcome cravings with [gum, patches, or lozenges] at no additional cost, based on eligibility.



### Get Coach Support

Talk with a coach who will help create a personalized Quit Plan and guide you at every step.



### 24/7 Access to Quit Resources

Get real-life tips and plan your path to quit with recommended daily goals, articles, and videos.



**Tackle cravings** with proven tools and strategies to help stay on track — now and in the long-term.

Get started at [quitnow.net/seattle](https://quitnow.net/seattle)  
or call **1-866-QUIT-4-LIFE** TTY 711.

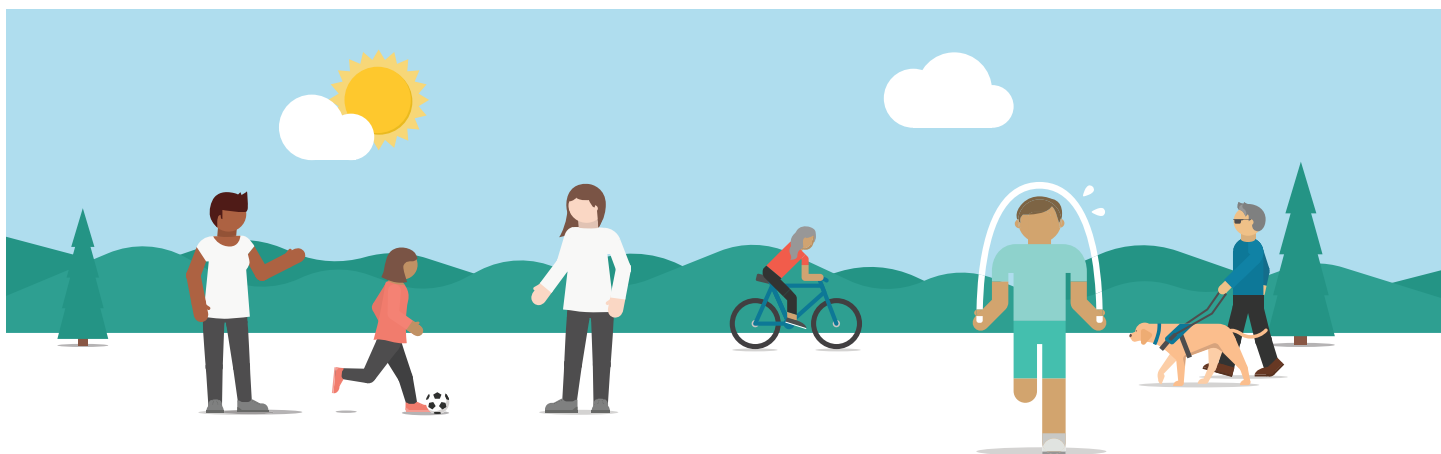


RALLY/COACH™

Quit For Life is available to eligible members at no additional cost as part of your health benefits. The Quit For Life Program is educational in nature and is not a substitute for medical advice.

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# Kick Cravings with Exercise

There are a lot of ways you can quit smoking,  
but one of the best ways to help you quit is regular exercise.

## How Exercise Curbs Cravings



### **It Limits Your Urge to Smoke**

Studies show that short periods of physical activity — especially aerobic exercises like walking, swimming, or running — reduce the urge to smoke.



### **It Limits Your Withdrawal Symptoms**

Your urge to smoke decreases during exercise and up to 50 minutes after.



### **It Limits Your Weight Gain**

Exercise decreases appetite and helps limit weight gain that some people experience when they quit smoking.



### **It Gives You More Energy and Improves Your Mood**

Regular exercise helps you cope with stress, have more energy, and improves your mood.

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