

# Every tobacco quit starts with a try



Quitting tobacco can seem intimidating. But even just deciding to try is a victory all on its own. So make this the year with powerful support from Quit For Life®. It's available at no additional cost.

## Start your try with quit support:



**Mini quit exercises** to practice quitting and help conquer tobacco triggers



**Nicotine Quit Kits\*** to jumpstart a quit and manage cravings with patches, gum or lozenges



**24/7 Quit Team support** to access help anytime via phone, chat, text or online group sessions

You and eligible family members have access to Quit For Life, with unique support and tools to try quitting tobacco. If eligible, Nicotine Replacement Therapy may be available to you at no additional cost as part of your enrollment.

Visit [quitnow.net](https://quitnow.net) to enroll,  
or call **1-866-QUIT-4-LIFE, TTY 711.**