

QUIT YOUR WAY

WHEN YOU'RE READY TO
QUIT SMOKING, VAPING, OR OTHER TOBACCO USE,
CHOOSE THE OPTION THAT'S RIGHT FOR YOU.



PHONE COACHING

A Quit Coach is just a phone call away. Free 1-on-1 coaching with a Quit Coach who will work with you to create a customized Quit Plan. People who call are twice as likely to quit and using free nicotine replacement therapy triples your chances.



WEB COACHING

Website support with the digital tools you need to help you with your quit journey. Get quitting information, create a customized quit plan, join an online community, and track your progress.



INDIVIDUAL SERVICES

Individual services are designed to give you the flexibility to pick and choose the tools you want to use at any time through an online dashboard. Build your plan by adding or removing the tools that work best for you when you need them.