



## How It Works



Enroll in the program via phone or online



Quick assessment & planning call with your Quit Coach®



Connect with your Quit Coach® on or around your selected quit date



Follow-up call with your Quit Coach® one week after your quit date



Additional calls made at relapse-sensitive times

## Quit smoking? Congrats!



Be sure to let your Quit Coach® know



Sign an updated affidavit to ensure your \$100 surcharge is removed

## Provides the tools to be successful



Text2Quit Coaching



Web Coach® Online Portal



FREE Nicotine Replacement Therapy



Unlimited Support



Quit Guide

## Ready to Quit?

1.877.259.7848

[www.quitnow.net](http://www.quitnow.net)



Quit For Life® Program

