



Quit nicotine with more support than ever before

Quit For Life[®] has been helping people kick tobacco for over 30 years through tried and trusted techniques. Now, our comprehensive online program is offering even more support as part of your benefits.

Enhanced program features:

Live Vape Free:

Overcome vaping addiction through our texting program for young adults

Menthol Support:

Get extra help with specialized techniques to quit menthol products

24/7 Chat Buddy:

Connect with our AI-powered chat feature for support and motivation

With Quit For Life, you'll benefit from:



Proven strategies **tailored** to your unique needs



24/7 access to a dedicated Quit Team



Group coaching sessions for peer support and deep-dive conversations



Free Nicotine Replacement Therapy (NRT) like patches or gum for those eligible

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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Learn more at
quitnow.net or scan
the QR code.

1-866-QUIT-4-LIFE, TTY 711
(866-784-8454)

