



Times have changed.

November 17, 2016

The Great American Smokeout

So can you.

Start with the Great American Smokeout®. Every year, thousands of smokers just like you make it the day they quit. Join us! Enroll in the Quit For Life® Program. You'll receive:

- ▶ Advice about nicotine substitutes and medication that may be right for you. You may even qualify for free nicotine patches or gum to help you cope with cravings.
- ▶ One-on-one advice and encouragement from a Quit Coach®.
- ▶ Tools to help you between coaching calls with access to a special online community of others trying to quit.
- ▶ Personalized text message reminders, tips and encouragement tailored to your quit plan.

Enrolling is easy!

1.866.QUIT.4.LIFE (1.866.784.8454)
www.quitnow.net



Quit For Life® Program



The Quit For Life Program is brought to you by American Cancer Society and Optum, a leading health services company. The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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