

How the Quit For Life® Program **WORKS FOR YOU:**



1. Enroll online or by phone.

2. Talk to a coach and create your quit plan.



3. Receive a printed workbook.



4. Access the members-only site.



5. Learn about available quit aids.



6. Talk to a coach as much as you want.



Quit For Life® Program

There are so many good reasons to quit.
WHAT'S YOURS?



1-800-462-5327
www.quitnow.net/kpwa

The Quit For Life Program is brought to you by the American Cancer Society and Optum. The two organizations have 40 years of combined experience in tobacco cessation coaching and have helped more than two million tobacco users. Together we will help millions more make a plan to quit, realizing the Society's mission to save lives and create a world with more birthdays.

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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WE'LL HELP YOU QUIT TOBACCO

Quitting is easier when you have support you can count on. We understand how much you want to quit, and how hard it can be to do it on your own. That's why we help people just like you find the strength to quit. When you enroll in the Quit For Life Program, you get powerful tools and encouragement every step of the way.



The Quit Coach® team

Having someone to talk to can really help you quit. Our Quit Coaches understand what you're going through. Best of all, they know what works. During a series of phone coaching sessions, they'll help you map out a quit plan and give you quit tips that really work.

Quit-smoking medications

Nicotine cravings and the urge to smoke make quitting hard. That's why we talk with you about prescription and over-the-counter medications that can help reduce cravings and withdraw symptoms. We'll help you figure out which ones might be right for you. **You may even qualify for free nicotine replacement therapy like patches or gum.**

Quit tools

With the Quit For Life Program, you receive powerful print and online tools to help you live tobacco-free.



▶ Use the Quit Guide workbook to stay strong between coaching calls.



▶ Connect with other people trying to quit and track your progress on the members-only Web Coach® site.

Ready to get started?

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www.quitnow.net/kpwa

Healthy benefits of quitting:

2 HOURS

Your blood pressure returns to normal.

12 HOURS

Your heart beats easier.

48 HOURS

Nerve endings in your fingertips begin to re-grow and the ability to smell and taste is enhanced.

3 DAYS

Most nicotine is out of your body.

1 MONTH

Smoker's cough and shortness of breath begin to fade.

3 MONTHS

Your circulation is better.

1 YEAR

Your risk for heart attack is cut in half.

