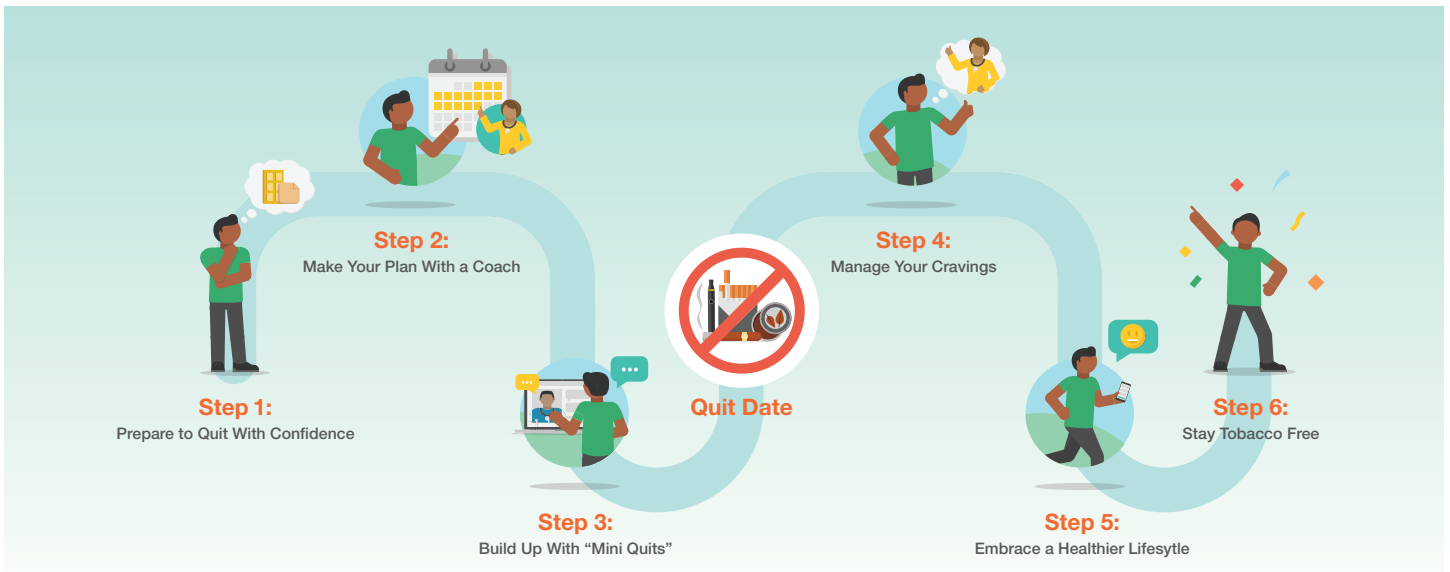


Quit For Life[®]



Ready to Quit Tobacco? We're Ready to Help.

Quit For Life[®] on Rally Coach[™] is designed to give you the confidence you need to quit tobacco for good. Get a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Plus group video sessions, nicotine replacement therapy, and more.

All at no additional cost as part of your benefits plan.

Count on Tools and Resources in Six Proven Steps

Along your path to quit, a coach will reach out three times, and you'll attend two group sessions.

Step 1) Prepare to Quit With Confidence

Get tools like nicotine replacement therapy, such as gum and patches, included at no additional cost.*

*If applicable and as determined by a coach.

Step 2) Make Your Plan With a Coach

Work with coaches, available 24/7 via phone, chat, or text. They can help you create a personalized Quit Plan and guide you at every step.

Step 3) Build Up With "Mini Quits"

Practice quitting with small changes that will help you quit for good.

Step 4) Manage Your Cravings

Manage triggers with coach-led group sessions, trackers, text support, and more.

Step 5) Embrace a Healthier Lifestyle

Receive real-life tips and plan your path to quit with daily goals, articles, and videos.

Step 6) Stay Tobacco Free

Get up to one year of coach support after your quit date to help overcome cravings.

Get started at quitnow.net

Text START to 34191 or call 1-866-QUIT-4-LIFE, TTY 711

