

Quit For Life®



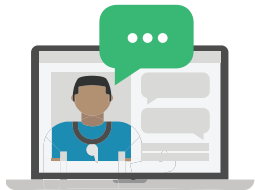
The Path to Quit Starts Today

If you've thought about quitting tobacco, Quit For Life® on Rally Coach™ can help. Get all the tools and online resources you need to quit — and stay quit — at no additional cost.



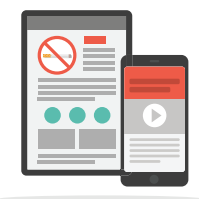
Get Coach Support

Connect with a coach who will help create a personalized Quit Plan and guide you at every step.



Access Anytime, Anywhere

Manage triggers with coach-led group sessions, trackers, text support, and more, all at your fingertips.



View Quit Recommendations

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

Rally Coach Mobile App



24/7 support on the **Rally Coach™ app.**

Get started at quitnow.net
or call **1-866-QUIT-4-LIFE TTY 711.**

RALLY/COACH™

The Quit For Life Program is educational in nature and is not a substitute for medical advice.

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