

Quit For Life®



It's Your Year to Quit

Quit For Life® on Rally Coach™ gives you all the tools and online resources you need to quit, and in small, achievable steps. Best of all it's available to you at no additional cost. If you've thought about quitting tobacco or nicotine, make this the year for a new you.



Receive a Quit Kit

Manage withdrawals and cravings with Nicotine Replacement Therapy like gum or patches.



Get Coach Support

Connect with a coach for a personalized Quit Plan and guidance every step of the way.



Access Anytime, Anywhere

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



View Quit Recommendations

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



Tackle cravings with proven tools and strategies to help stay on track — now and in the long-term.

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

RALLY/COACH™



What It's Like to Quit Smoking



It might take several attempts

It's important to be aware that many people who smoke do not quit for good on their first attempt and need several tries before they succeed.



Small successes are wins

You may find that the next time you try to quit, you are able to go longer without a cigarette than the last time; or you might discover exercise helps to stave off your cravings.



You may feel some initial discomfort

After quitting smoking, you may experience temporary depression; disrupted sleep patterns; irritability; anxiety; difficulty concentrating; increased appetite. While uncomfortable, these symptoms should only last a few weeks.



Certain settings may trigger your urges

Noticing these situations and making a plan to divert your urge to smoke can help you on your way to living a completely smoke-free life.