

If you've tried to quit before, it's time to try something different.



We've helped over **500,000** tobacco users. We can help you too.

It's **FREE**.  
It's **Confidential**.  
It **Works**.

1.866.QUIT.4.LIFE (1.866.784.8454)  
[www.quitnow.net](http://www.quitnow.net)

They did it. **So can you.**

*"I am just letting you all know I QUIT. I joined the program through my employer and I will let them know that IT WORKED. I think it worked because I did not pressure myself with a quit date. I was under no pressure at all."*  
- **Jennifer**

*"My husband and I both quit the same day. We both used the program and were very happy with the results."* - **Donna**

*"These people care, I am convinced. They will bug you in encouraging ways but not nag you. If you need them, they are there, and they will listen. It helps a lot."* - **Malcolm**

*"I called the number and expected to be berated because I'm one of those smokers... how wrong I was."* - **Lon**

*"My coach gave me a lot of helpful tips. It wasn't easy but I did it. I have been smoke free for over a year now! The best thing about the whole program was being able to speak to someone one on one. Thanks."* - **Angela**



**Free & Clear**<sup>®</sup>  
the healthy behaviors company

200-0003

Quit For Life<sup>®</sup> Program

Take the first step toward quitting today.



# You Want to Quit. We Can Help.

When you join our program we'll help you create an easy-to-follow Quitting Plan that will show you how to get ready, take action and then live the rest of your life as a non-smoker.

## Your Quitting Plan will include:



**Web Coach™.** You'll get access to a private, online community where you can complete activities, watch videos, track your progress and join in discussions with others in the program.



**Quit Guides.** We'll send you easy-to-use printed workbooks that you can reference in any situation to help you stick with your quitting plan.



**Quitting Aids.** We'll help you decide what type, dose and duration of nicotine substitute or other medication is right for you and teach you how to use it so it really works.



**Quit Coach.** You will have expert support and assistance whenever you need it via phone or web.

## Don't Just Quit, Become a Non-Smoker

# You can quit tobacco. We'll teach you how.

We understand that quitting is about more than just not smoking. So we teach people how to become experts in living without tobacco using the **"4 Essential Practices to Quit For Life,"** evidence-based principles based on over 20 years of research and experience helping people quit tobacco.

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## 1 Quit at Your Own Pace.

Quit on your own terms, but get the help you need, when you need it.

## 2 Conquer Your Urges to Smoke.

Gain the skills you need to control cravings, urges and situations involving tobacco.

## 3 Use Medications So They Really Work.

Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.

## 4 Don't Just Quit, Become a Non-Smoker.

Once you've stopped using tobacco, learn to never again have that "first" cigarette.

