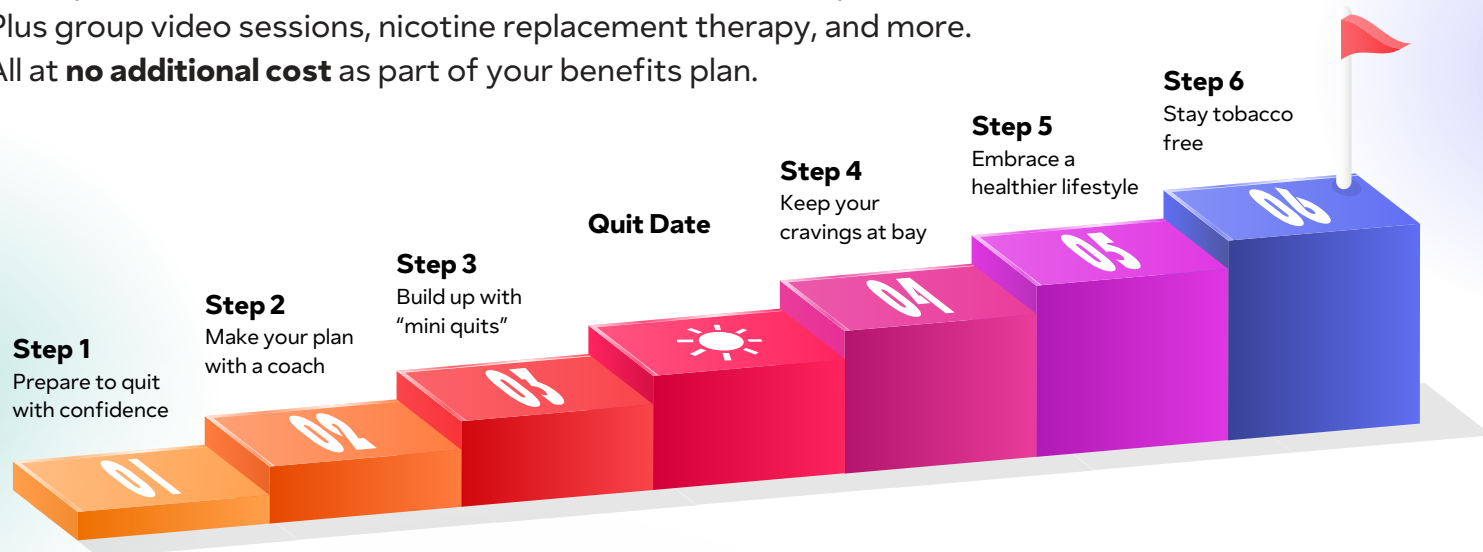


Ready to quit nicotine? We're ready to help.

Quit For Life® 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.



Quit confidently in six proven steps

- 1 Prepare to quit with confidence**
Get tools like nicotine replacement therapy, such as gum and patches, included at no additional cost.*
- 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.
- 3 Build up with "mini quits"**
Practice quitting with small changes that will help you quit for good.
- 4 Keep your cravings at bay**
Manage triggers with coach-led group sessions, trackers, text support, and more.
- 5 Embrace a healthier lifestyle**
Receive real-life tips and plan your path to quit with daily goals, articles, and videos.
- 6 Stay tobacco free**
Keep cravings at bay after you quit with ongoing coach support.



*If applicable and as determined by a coach.

Quit For Life is available to eligible members at no additional cost as part of your health benefits. The Quit For Life program is educational in nature and is not a substitute for medical advice.

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Get started at quitnow.net
or scan the QR code.

1-866-QUIT-4-LIFE TTY 711.
(866-784-8454)

