

Quit For Life®



The Path to Quit Starts Here

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 cost.



Get Coach Support

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



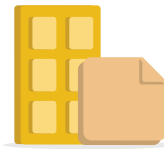
Access Anytime, Anywhere

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.



Stay on track with with nicotine replacement therapy like **gum & patches**.*

*If applicable and as determined by a coach.

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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