

Quit For Life®



Tools to Support Your Quit

Quit For Life® on Rally Coach™ is available to you at no additional cost and gives you tools to help manage your cravings. Nicotine Replacement Therapy (NRT), like a patch or gum, can help you double your chance of quitting tobacco and nicotine for good.



Receive NRT Recommendations

Overcome cravings with [gum, patches, or lozenges] at no additional cost, based on eligibility.



Get Coach Support

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



24/7 Access to Quit Resources

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



World No Tobacco Day

Learn what WHO is doing to fight the tobacco epidemic, and what people around the world like you can do to claim their right to health and healthy living.

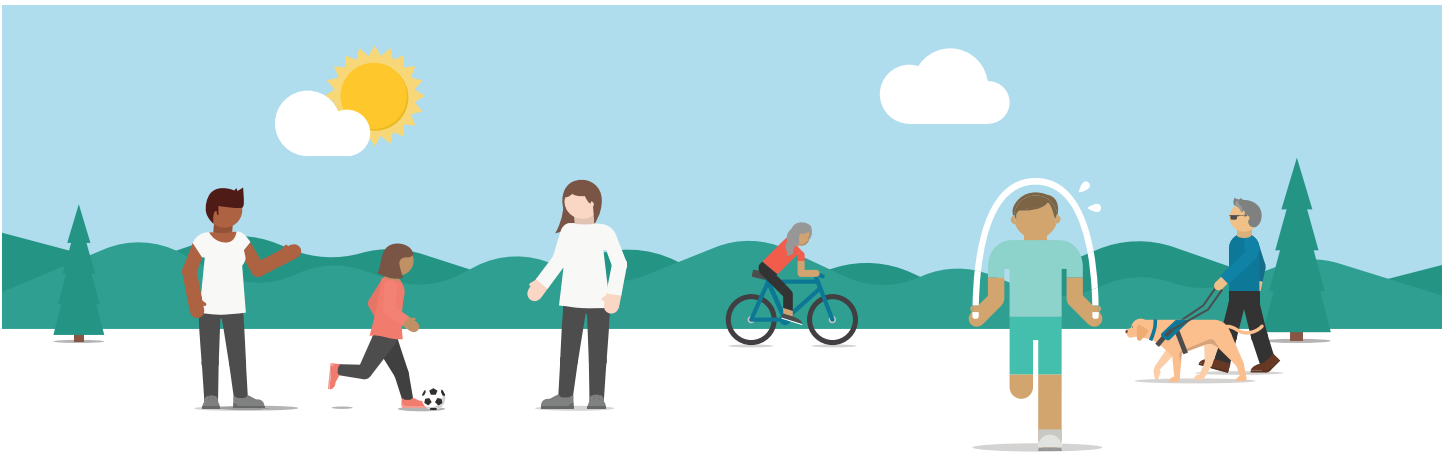
Get started at quitnow.net
or call **1-866-QUIT-4-LIFE** TTY 711.

RALLY/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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Kick Cravings with Exercise

There are a lot of ways you can quit smoking, but one of the best ways to help you quit is regular exercise.

How Exercise Curbs Cravings



It Limits Your Urge to Smoke

Studies show that short periods of physical activity — especially aerobic exercises like walking, swimming, or running — reduce the urge to smoke.



It Limits Your Withdrawal Symptoms

Your urge to smoke decreases during exercise and up to 50 minutes after.



It Limits Your Weight Gain

Exercise decreases appetite and helps limit weight gain that some people experience when they quit smoking.



It Gives You More Energy and Improves Your Mood

Regular exercise helps you cope with stress, have more energy, and improves your mood.

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