



# Take a break without a cigarette.



Tired of your day revolving around smoking? If you want to enjoy life without it, we're here for you. Since 1985, we've helped over 2 million tobacco users.

The Quit For Life® program offers proven, personal support to help you quit for good — **at no additional cost to you.** Choose from a variety of tools to customize a plan to help you break free from tobacco.



## Online Support.

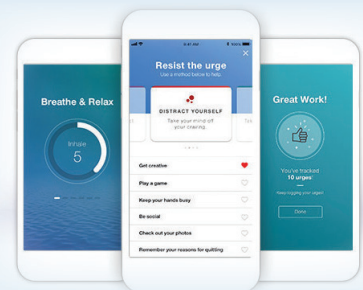
Get access to a website with an Action Plan and quit guide to help you beat urges, manage withdrawal symptoms and switch up your habits to avoid tobacco.



## Quit For Life® mobile app.

24/7 urge management support plus on-the-go access to your program. Download through the Apple® iTunes® App Store® or Google Play™.

## Connect with tips, tools and support, anytime.



Download the Quit For Life® mobile app. Available for Android™ and iOS devices.

CONTINUED

Get started at [myuhc.com](http://myuhc.com)®.





### **Quit smoking medication.**

You may be eligible for medications to help quit, if you qualify.\*



### **Live Tobacco-Free course.**

Participate in an online quit tobacco course at your own pace as part of your program. You'll gain knowledge and skills to help prepare you to quit and stay on track — for good.



### **Support from a Quit Coach®.**

Talk with a coach, who can help you create a personalized Action Plan to quit and stay on track. Your coach can:

- Create a realistic quit plan.
- Offer quit tips that really work.
- Help you take advantage of complimentary\* quit aids and more.



### **Text2Quit<sup>SM</sup> and messages.**

Help when you need it including daily tips, encouragement and reminders.



## **Get started today.** **myuhc.com<sup>®</sup>**

Visit the “Health Resources” tab and choose the “Quit For Life” tile.

\* Benefits are subject to change. Please review your benefit documents or call the number on your UnitedHealthcare health plan ID card. Apple, iTunes and App Store are registered trademarks of Apple, Inc. Google Play and Android are trademarks of Google LLC.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The Quit For Life<sup>®</sup> program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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