

Quit For Life®



The Path to Quit Starts Now

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 additional 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.

Tackle Cravings



Tackle cravings with proven tools and strategies to help stay on track — now and in the long-term.

Get started at quitnow.net
or call **1-866-QUIT-4-LIFE (1-866-784-8454)**
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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