

# ODS Quit For Life® Program Benefit Details

The Quit For Life® Program is the best method you can choose to help you quit tobacco and gain the skills needed to stay healthy for life. With help from a Quit Coach® you will make good decisions about medications, develop new thinking skills and learn how to behave differently in situations that used to involve tobacco. In the program you will have access to:

- 5 Quit Coach® initiated support calls
- Unlimited inbound access to support calls with a Quit Coach
- Nicotine patches or nicotine gum
- Medications
- A Quit Guide workbook to help you follow along at your own pace
- Chronic conditions information
- Access to Web Coach

**It's FREE. It's confidential. It works.**

Call **1.866.784.8454** or visit [www.quitnow.net](http://www.quitnow.net)

Quit For Life® Program

