



I was tired of caving to my cravings. So I started to
TRACK THEM

Did you know most people need support to reach their goals? And when you're ready to quit tobacco, we've got the app to help you get there. The Quit For Life[®] app offers direct access to coaches, quit tips plus tools to help deal with cravings.



Quit For Life app

Connect with a coach, set your quit date, get 24/7 tips to help curb urges plus on-the-go access to your program.



Personalized Content

Get access to tools to help you beat cravings, manage withdrawal symptoms and more.



Tobacco-free course

Learn how to stay motivated, and gain skills to help prepare you to quit tobacco and stay on track — for good.

Enroll now. Search Quit For Life and download.



Available for Android[®] and iOS devices.

Provided at no additional cost as part of your benefits plan.

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The Quit For Life[®] 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, is not medical advice and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. 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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