

Quit For Life®



Don't Miss the Great American Smokeout

Ready to quit tobacco for a day — or for good? Join thousands of people across the country for the Great American Smokeout® on November 16. It's the perfect day to make a Quit Plan.

Get the Support You Need With Quit For Life®

Quit For Life on Rally Coach™ gives you a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Plus group video sessions, nicotine replacement therapy, and more. All at no additional cost as part of your benefits plan.



Get Coach Support

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



Access Anytime, Anywhere

Manage triggers with coach-led group sessions, trackers, text support and more.



View Quit Recommendations

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



Long-Term Success

Overcome your cravings for good with ongoing coach support after you quit.



Your Quit Kit

Quit for good with nicotine replacement therapy, such as gum and patches.¹

¹ If applicable and as determined by a coach.



Scan this code to get started with Quit For Life

Get started at quitnow.net, text **START to 34191**
or call **1-866-QUIT-4-LIFE TTY 711.**