



**From a coach to personalized tools and text support, you'll have help at every step**

Get started today, and connect with one-on-one support to beat urges, manage withdrawal symptoms and switch up your habits so you can enjoy life tobacco- and vape-free.

# Get started today

Call

**1.866.Quit.4.Life**

Visit

[myquitforlife.com/modahealth](https://myquitforlife.com/modahealth)



\* Benefits are subject to change. Please call for information about the program and aids available to you under this program.



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Find out about this free program designed to help you create a plan, just for you — and stay quit.



# Let us help you quit with confidence

Using proven techniques tested over 30 years, we offer FREE help to quit tobacco and vaping. Not with judgment, but with genuine support and powerful tools that allow you to quit your own way.

Connect with this free program designed to help you create a plan, just for you — and stay quit.

## Getting started is simple

1.866.Quit.4.Life

[myquitforlife.com/modahealth](http://myquitforlife.com/modahealth)

Para ayuda en español, llame al



### Coaching sessions

Talk with your coach and work together toward quitting through personal phone calls.



### Online courses

Online courses to support you in your conversations with your coach.



### Program website

Manage your triggers and learn new skills with videos, trackers, courses and more, accessible anytime, anywhere.



### Support via text

Receive daily tips, games, reminders and an easy connection to a coach — all through text.



### FREE nicotine replacement therapy (NRT)\*

Receive a supply of patches, gum or lozenges through us.



### Special programs for behavioral health and pregnant people

Get coaching that addresses the unique needs of people with depression, anxiety, PTSD or other behavioral health issues, as well as special help for pregnant people.