

Quit Line Web Coach

Allowing Quit Line Callers to Interact with Peers, Coaches

Ways to Access the Free Web Coach System



Call 800-QUIT-NOW



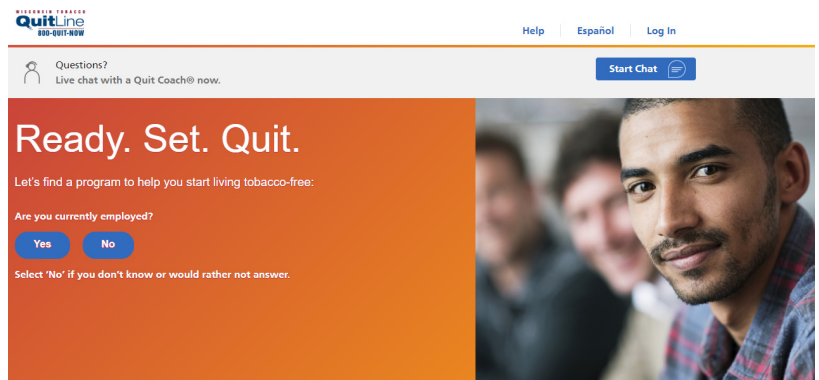
Text READY to 200-400



Register Online

Free Web Features:

- * Now in English or Spanish!
- * ¡Ahora, en Inglés o Español!
- * Discussion forums
- * Plans to quit and stay tobacco-free
- * Chat online with a quit coach
- * Video library
- * Progress trackers
- * Periodic e-mails with tips
- * Interactive exercises



Plus Free Information On:

- * The health benefits of quitting
- * Nicotine addiction and recovery
- * Strategies for coping with stress
- * Tips for managing weight
- * How to use medications so they work



The site is completely secure and password protected.

It's all integrated with your telephone support.

You choose whether to participate and for how long.

It's all free and confidential.

Available 24/7.