

QUIT FOR LIFE

The path to quitting starts here

If you use tobacco or nicotine and have thought about quitting, Quit For Life® may be able to help. Get tools and online resources designed to help you quit – and stay quit – at no additional cost.

Make this quit attempt your last with 24/7 support

Get coach support

Connect with a coach who will help create a personalized Quit Plan and guide you at every step

Access anytime, anywhere

Manage triggers with help from coach-led group sessions, trackers, text support, and more, all at your fingertips

View quit recommendations

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

Learn more at quitnow.net or scan the QR code.

1-866-QUIT-4-LIFE (866-784-8454)

United Healthcare®

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