A better way to quit smoking.

QUITPLAN®
1-888-354-PLAN quitplan.com
Our goal is to help you quit smoking.
The process we use is simple and effective. It includes:

• One-to-one professional counseling.
• Help making a plan that works for you and setting a realistic date to stop.
• Helpful advice on breaking your tobacco habits.
• If you have insurance, we connect you with your health plan’s counseling program.

1-888-354-PLAN  quitplan.com

Para ayuda en español, llámenos 1-888-354-7526
For hearing impaired, call 1-877-559-3816 (TTY)