



QUITPLAN[®]

1-888-354-PLAN

quitplan.com

A better way to quit smoking.

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.

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