Quit tobacco for good.

Quit For Life® is just like having a coach right at your fingertips, anytime you need support.

Enjoy life without tobacco.

Spend more time with family and friends. Enjoy daily activities without running out of breath. Quit For Life is here to help you reach your goals—at no additional cost to you.

Join the millions of tobacco users who've quit with help from Quit For Life. The program offers a variety of tools—like a mobile app and website—with more support, anytime you need it.

3.5M

tobacco users quit since 1985

continued

United Healthcare®

Get the tips, tools and personal support you may need to quit your way.

Online support.

Get access to a website with an Action Plan and quit guide to help you beat urges, manage withdrawal symptoms and switch up your habits to avoid tobacco.

Quit For Life mobile app.

Get 24/7 urge management support plus on-the-go access to your program. Download through the Apple® iTunes® App Store® or Google Play™.

Quit smoking medication.

You may be eligible for medications to help quit, if you qualify.*

Live Tobacco-Free course.

Participate in an online quit tobacco course at your own pace as part of your program. You can gain knowledge and skills to help prepare you to quit and stay on track—for good.

Support from a Quit Coach®.

Talk with a coach, who can help you create a personalized Action Plan, offer quit tips that really work, help you take advantage of complimentary* quit aids and more.

Text2Quit® and messages.

Get help when you may need it, including daily tips, encouragement and reminders.

Enroll today.

Go to **myuhc.com® > Health Resources > Quit For Life**.

United Healthcare®

*Benefits are subject to change. Please review your benefit documents or call the number on your UnitedHealthcare health plan ID card.

Apple, iTunes and App Store are registered trademarks of Apple, Inc. Google Play is a trademark of Google LLC. Text2Quit is a registered trademark of Voxiva, Inc.

Quit For Life® provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. Quit For Life does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

B2C EI20222102.0 7/20 ©2020 United HealthCare Services, Inc. 20-222105-B