

Enjoy life without tobacco.

Join the millions of tobacco users who've quit with help from Quit For Life®.



Enjoy life more— with more support, anytime.

Spending more time with family. Making more time for friends. Going running more...without running out of breath. Quit For Life is here to help you reach your goals—**at no additional cost to you.**

Offering the latest online tools—like a mobile app and website—Quit For Life is just like having a coach right at your fingertips, anytime you need support.

3.5M

tobacco users quit
since 1985.

Get the 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.



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.



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™.



Support from a Quit Coach®

Talk with a coach, who can help you create a personalized Action Plan. Your coach can:

- Create a realistic quit plan.
- Offer quit tips that really work.
- Help you take advantage of complimentary* quit aids, and more.



Quit smoking medication.

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



Text2Quit® and messages.

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



Enroll today. Go to myuhc.com® > **Health Resources** and then select the **Quit For Life** tile.



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

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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.

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