



# It's time to improve your lung health to help you breathe easier.

**When you quit tobacco**, good things start to happen. Your lungs begin to heal and you regain your sense of taste and smell. Best of all, your risk for heart disease, stroke and lung cancer may be dramatically reduced, which may lead to an average life expectancy that is 10 years longer than if you had kept smoking.<sup>1</sup>

**Quit For Life<sup>®</sup>** is a clinically proven program that helps tobacco users quit for good.

## With Quit For Life, you get:



**A Quit Coach<sup>®</sup>** so you're never alone



**24/7 access to a program website** to track your progress and connect you with others determined to quit



**Texts and emails** with tips to help you manage cravings and stay on track

### DID YOU KNOW?

Quit For Life provides **GUM AND PATCHES** to help you quit.\*

\*If applicable and as determined by your Quit Coach. Participants smoking nine or more cigarettes per day and spit tobacco users chewing two or more tins per week may qualify for combination therapy.

Act now to start enjoying better health for years to come.

[quitnow.net](http://quitnow.net)

**1-866-QUIT-4-LIFE, TTY 711**

<sup>1</sup>American Cancer Society. Benefits of Quitting Smoking Over Time. [cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html](http://cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html) (Updated 11/2018). Accessed March 6, 2019. Benefits are subject to change. Please review your benefit documents or call the number on your UnitedHealthcare health plan ID card.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Please discuss with your doctor how the information provided is right for you. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

The Quit For Life<sup>®</sup> Program 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. The Quit For Life<sup>®</sup> Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. 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.**

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