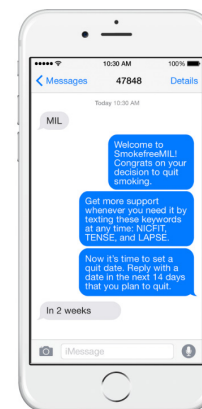


The campaign website, UCanQuit2.org, provides the opportunity to learn more about tobacco cessation, develop a personalized plan for quitting, contact an expert coach to get answers about quitting tobacco, sign up for a texting program that provides daily motivation, or join us on social media to chat with others who are working to become tobacco free.

Ready2quit

- Declare your reasons for quitting
- Understand how tobacco is affecting your life
- Learn how much you'll save when you quit
- Decide how you'll quit
- Set your quit day
- Think about questions you may have for your doctor
- Connect with support tools that will help you conquer your quit day and stay quit!



Text message support program designed for service members trying to quit. Advice and tips on how to quit and stay quit at your fingertips.



CHAT24/7 GET SUPPORT NOW

Felicia: Hello! How can I help you today?
Guest: Hi. Where do I start if I'm trying to quit?
Felicia: Making the decision to quit is the first step in the right direction! You should first consider disposing of all tobacco related products so that you don't feel tempted.
Felicia: Additionally, it helps many people to make a list of reasons why they are choosing to quit so that they may reference that list when they feel the urge to smoke.

[END CHAT](#) [E-mail transcript](#)

Send

24/7 chat support from trained tobacco cessation coaches.

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