

## How the Quit For Life<sup>®</sup> Program Works

We are here to help you make your way to quitting tobacco easier. Together with your Quit Coach<sup>®</sup> you'll create a customized quit plan and work through a series of calls to help you beat urges and manage cravings so you can enjoy life — tobacco-free.



### WHAT YOU GET

To help you stay focused, Quit For Life offers a variety of tools and resources to help prepare you to quit and stay on track — for good.



Text2Quit<sup>SM</sup>



Online Tools



Gum or Patches  
if you qualify\*



Unlimited Calls  
to Your Coach



Quit Guide

**READY TO GET STARTED?**  
[myquitforlife.com/umpqua](http://myquitforlife.com/umpqua)  
**1-866-QUIT-4-LIFE, TTY 711**



\*As determined by your Quit Coach<sup>®</sup>. Participants smoking nine or more cigarettes per day and spit-tobacco users chewing two or more tins per week qualify for combination therapy. 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, or if you are unsure whether Quit For Life<sup>®</sup> is suitable for you, 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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