

**Quitting smoking is one of the BEST things you can do to improve your health and the health of those around you. With determination, a positive attitude and a little help, you can join a special and ever-growing community of people: **EX-SMOKERS.****

## WHAT IS QUITNET?

QuitNet is an **internet-based service** designed to help individual tobacco users through the quitting process. It combines evidence-based methods of treating tobacco addiction with a powerful and effective individually controlled program that is **available to anyone, anytime, anywhere.**

## HOW DO I GET STARTED?

- ▶ Go to [www.quitnet.com](http://www.quitnet.com) and register to use the full range of QuitNet services.
- ▶ Enter your smoking history and postal code to learn how much lifetime & money YOU will save by quitting and access the Welcome Page and are now ready to use all **QuitNet services.**

-3 or 12-Month Premium Memberships may be purchased for access to additional online features and our online tobacco cessation experts

## WILL QUITNET REALLY HELP ME?

Yes! Currently, only three percent of smokers are successful in quitting on their own for a year or longer. Frequent use and active participation in QuitNet will greatly increase your chances of quitting and staying quit. Being part of an online community of “quitters” will give you the support and motivation you need to quit. QuitNet is based on the most recent **scientific research** including the guidelines issued by the U.S. Surgeon General. QuitNet’s content and user interface has evolved from user feedback and research that identifies ongoing support as critical to successful quitting.

## WHAT SERVICES DOES QUITNET PROVIDE?

QuitNet offers intensive, personalized help in quitting that includes:

- A personal plan for quitting that changes from visit to visit as you progress through your quit.
- 24/7/365 social support from others just like you across the United States and around the world. QuitNet users regularly buddy up to support each other and post thousands of messages each day in forums, clubs, and chat rooms.
- A **science-based quitting guide**, a national directory of local quitting programs, and the latest in tobacco news.
- **QuitNet cessation counselors** are available to provide personal support. You’ll also have access to quitting tools, email quit tips, and answers to hundreds of Frequently Asked Questions (FAQs).
- A **medication “wizard”** to help you select the right type and dose of quitting medication (patch, gum, etc.). A **Medication Guide** and advice from QuitNet counselors will help you use these products properly.\*
- Your **personal quitting stats**: Money saved and lifetime earned by not smoking.



**You CAN beat the Nicodemon!**

**QUITNET**  
QUIT ALL TOGETHER  
[www.quitnet.com](http://www.quitnet.com)