

# You Didn't Start Alone

## Will QuitNet Really Help You?

Yes! QuitNet is based on the latest scientific research and proven techniques to help people stop using tobacco for good. Whether you have been trying to break the habit for the past 20 years or just recently thought about quitting, QuitNet can help. The U.S. Public Health Service and CDC guidelines recognize support and education about your addiction as important elements to successful quitting. QuitNet's online tools and educational resources can help you get prepared, track your quit success, and help you stay motivated. There is also a global community of people on the QuitNet site and a team of professional quit coaches who are ready to help 24/7/365. Our content and user interface has evolved from over 12 years of member feedback. Research studies have shown that frequent use and active participation in QuitNet will greatly increase your chances of quitting and staying quit. You can do it, and with QuitNet, you are not alone.

## What Services Does QuitNet Provide? QuitNet offers intensive, personalized help in quitting that includes: Wizards and Tools

help you make a quit plan. QuitNet can help you pick a quit date, choose the right quit medication for you, and provide advice on how to get prepared. The Quit Gadget tracks your key quit stats including the how long you have been quit (down to the second!); money you have saved; number of cigarettes not smoked; and lifetime gained.

**Around-the-clock social support** from a global community of ex-smokers. QuitNet users regularly buddy up to support each other and post thousands of messages each day in forums, clubs, and chat rooms.

**Educational resources including an online quitting guide that shows content relevant to where you are in your quit.** A national directory of local quitting programs and the latest in tobacco news help you stay informed.

**Expert advice from experienced quit-specialists.** You'll also have access to quitting tools answers to hundreds of Frequently Asked Questions (FAQs).

**Quit Medication information including an online guide to FDA approved medications, a medication "wizard"** to help you choose the right medication for you, and expert advice. You have your own reasons for wanting to quit, but you don't have to do it alone. Many people who have successfully quit are eager to share their quitting experience and to provide their support and advice. At first glance, quitting seems simple. All you have to do is never smoke again, right? For most people, unfortunately it just doesn't work that way.

On average, smokers try about seven times before quitting for good. So don't worry – if you've attempted to quit already but wound up back on the butts, you haven't "failed". Surprisingly, having tried before, you may be further along in the quitting process than you think. The good news is that QuitNet can help you end your nicotine dependence once and for all!

## What is QuitNet?

QuitNet is the original and largest online quit-tobacco service, with over 600,000 members worldwide. We offer you all the tools and support you need to quit and stay quit. This is a free service.

**Quitting may not be easy,** but kicking your nicotine habit offers some benefits that you'll notice right away. Your breath smells better, stained teeth get whiter, your clothes and hair smell better, your yellow fingers and fingernails disappear, food tastes better, your sense of smell returns to normal, and everyday activities no longer leave you out of breath. You will save money by not buying cigarettes; savings that can really add up!

You reduce your loved one's exposure to second hand smoke, which also can have a positive health impact. You can stop worrying about social acceptance or finding a place where you can smoke. You will notice other benefits too, benefits that you had never even thought of before quitting. **Every day, people just like you** turn to QuitNet for help and support. When you join QuitNet, you will have access to tools and information geared to help you understand your personal nicotine addiction, get prepared, and build confidence. You will also become part of the QuitNet community, where you can read posts and connect with other quitters. No matter how long you have used tobacco or how many times you have tried to quit in the past, QuitNet is ready to make this your best, and last quit. -- **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 growing community of people: **ex-smokers. !**



# QUITNET®

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