



Quitting tobacco 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-TOBACCO USERS**

WHAT IS QUITNET?

QuitNet is the original and biggest online quit-tobacco service. We offer you all the tools and support you need to quit and stay quit. This is a free service.



HOW DO I GET STARTED?

- ▶ Go to utah.quitnet.com to enter your tobacco use history and postal code to learn how much money & lifetime you will save by quitting.
- ▶ Next, set up a username and password to have instant access.
- ▶ Begin using all of the online planning tools, trackers, educational materials, and visit our online community to get on your way to becoming tobacco free.

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; and lifetime gained.
- **Around-the-clock social support** from a global community of ex-tobacco users. 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 CAN beat the Nicodemon!

utah department of
human services

You can realize your best health when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and a better you.

