



Text2QuitSM

GOING TOBACCO-FREE JUST GOT EASIER

QuitlineNC's proven tobacco cessation program has a powerful new tool to help you quit—**Text2QuitSM**. This new resource uses text messaging to help you make the most of your QuitlineNC program.

With **Text2QuitSM**, you will receive text messages personalized to your Quit Plan. Support includes:

- Coaching call reminders
- Mobile tracking of tobacco usage before you quit and your urge levels after you quit
- Tips and games to help manage urges
- Helpful reminders about taking medication
- Supportive motivational messages

Did you know...

Text messaging-based tobacco cessation programs have been proven to **double** your chance of quitting successfully.

You must be enrolled in Quit Coach® or Web Coach® programs to participate in **Text2QuitSM**.

Enroll
today

Not a QuitlineNC participant?

Call 1-800-QUIT-NOW (1-800-784-8669) or visit
www.QuitlineNC.com.