



QUIT YOUR WAY



PHONE QUIT

Talk to a Quit Coach® to help you get started.



GROUP QUIT

Get the support you need at one of our group quit sessions.



WEB QUIT

Get access to online tools to help you quit.



MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.

1-877-U-CAN-NOW | TTY/TDD 1-877-777-6534
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