

# Quitline Telephonic Cessation Coaching

We understand quitting is about more than just not smoking. When you join our program, a Quit Coach® will help you become an expert in living without tobacco using "The 4 Essential Practices to Quit For Life," based on 25 years of research and experience helping people quit tobacco.

**1-800-QUIT-NOW**  
(1-800-784-8669)

or in Spanish:

**1-855-DÉJELO-YA**  
(1-855-335-3569)

