



Web Coach

Ways to Access the FREE Web Coach System



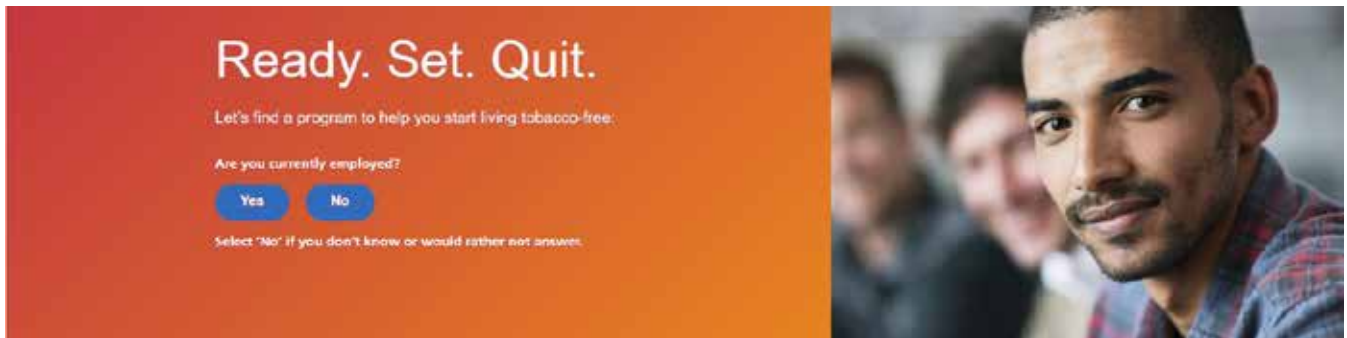
Call 800-QUIT-NOW



Text READY to 200-400



www.WiQuitLine.org



FREE Features

- * Now in English or Spanish!
- * ¡Ahora, en Inglés o Español!
- * Discussion forums
- * Plans to quit and stay tobacco-free
- * Chat online with a quit coach
- * Video library
- * Progress trackers
- * Periodic e-mails with tips
- * Interactive exercises

FREE Info On

- * The health benefits of quitting
- * Nicotine addiction and recovery
- * Strategies for coping with stress
- * Tips for managing weight
- * How to use medications so they work

It's User-Friendly

- * The site is completely secure and password protected.
- * It's all integrated with your telephone support.
- * You choose whether to participate and for how long.
- * It's all free and confidential.
- * Available 24/7.