



Text2Quit<sup>SM</sup>

# GOING TOBACCO-FREE JUST GOT EASIER

QuitlineNC's proven tobacco cessation program has a powerful new tool to help you quit—**Text2Quit<sup>SM</sup>**. This new resource uses text messaging to help you make the most of your QuitlineNC program.

With **Text2Quit<sup>SM</sup>**, 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<sup>®</sup> or Web Coach<sup>®</sup> programs to participate in **Text2Quit<sup>SM</sup>**.

Enroll  
today

Not a QuitlineNC participant?

Call 1-800-QUIT-NOW (1-800-784-8669) or visit [www.QuitlineNC.com](http://www.QuitlineNC.com).