

Helping You Quit

Tobacco cessation

If you've thought about quitting tobacco, Quit For Life® on Rally Coach™ can help. Get all the tools and online resources you need to quit—and stay tobacco-free—at no cost.

GET COACH SUPPORT

Connect with a coach who will help create a personalized Quit Plan and guide you at every step.

ACCESS ANYTIME, ANYWHERE

Manage triggers with coach-led group sessions, trackers, text support, and more, all at your fingertips.

VIEW QUIT RECOMMENDATIONS

Get real-life tips and plan your path to quit with recommended daily goals, articles, and videos.

Get started at myquitforlife.com/selecthealth or call **1-866-QUIT-4-LIFE** TTY **711**.



Nicotine replacement therapy

Most SelectHealth plans include 100% coverage for Nicotine Replacement Therapy (NRT), which includes prescription drugs or patches that can help curb nicotine cravings. Check your benefits to make sure you have coverage, but most of our plans allow two 90-day courses of nicotine replacement medication each year. For more information about prescribed medication that may increase your chances of quitting, talk to your doctor.