

Quit Line Web Coach

Allowing Quit Line Callers to Interact with Peers, Coaches

How to Access the Free Web Coach System

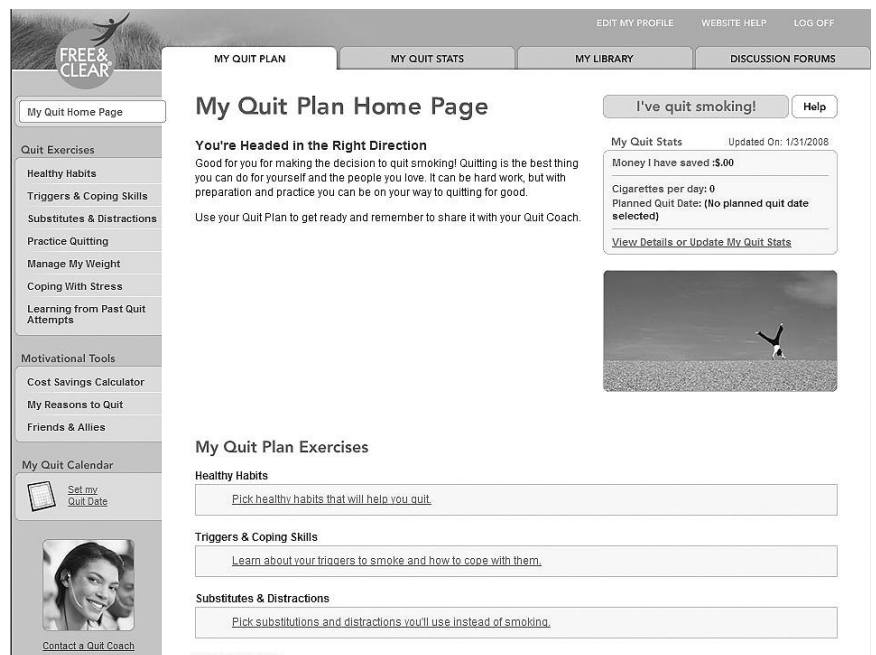


7 Free Web Features:

- 1 - Discussion forums
- 2 - Plans to quit and stay tobacco-free
- 3 - Quit-date calendar
- 4 - Interactive exercises
- 5 - Progress tracker
- 6 - Periodic e-mails with tips
- 7 - Savings calculator

Plus Free Information On:

- * The health benefits of quitting
- * Nicotine addiction and craving
- * Strategies for coping with stress
- * Tips for managing weight



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.

