

## Quit Line Web Coach

Allowing Quit Line Callers to Interact with Peers, Coaches

### How to Access the Free Web Coach System



1

A Wisconsinite calls the Quit Line.



2



A friendly coach helps create a quit plan.



3



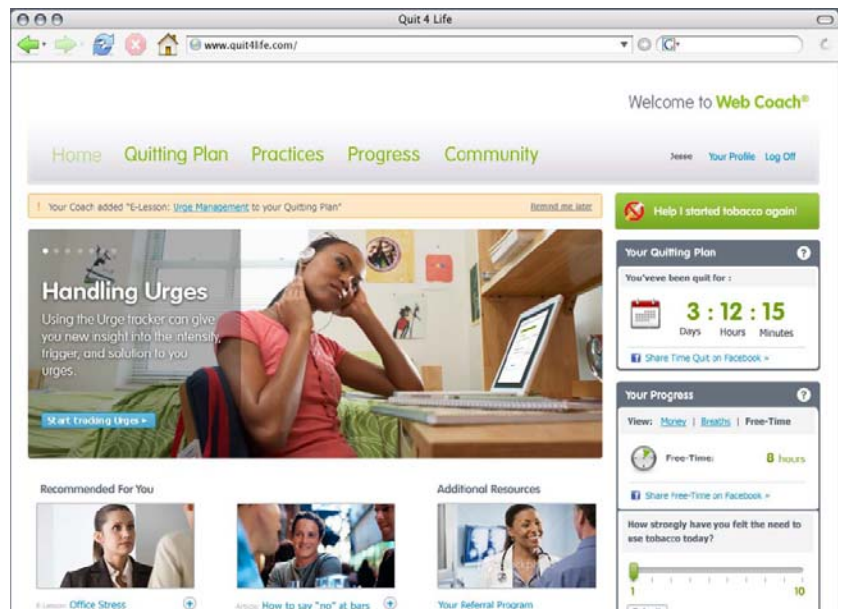
The caller receives a pass code for Web Coach.

### Free Web Features:

- \* Discussion forums
- \* Plans to quit and stay tobacco-free
- \* Instant messages with a quit coach
- \* Videos
- \* Progress trackers
- \* Periodic e-mails with tips
- \* Interactive exercises

### Plus Free Information 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



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.  
Available 24/7.