



The reasons you choose to quit smoking are personal.
The program we create to help you quit will be too.

Partner with a Coach to Help You Quit

Sometimes you need someone on your quit team you can talk to, help you make a plan and cheer you on along the way.

When you partner with a coach, you'll work together to come up with a personalized plan to tackle your quit goals. You'll work directly with an expert that knows how to help people quit. You'll have 15-minute calls, about once per month, to get answers to your questions, support in overcoming obstacles and help in reaching your goals. You'll also set small steps to work on between coaching sessions

When you with a coach, you'll receive:

- Free and personalized coaching sessions
- A customized program designed for your specific goals
- Access to all of the programs offered through the Smoking Cessation Trust

LEARN MORE OR GET A COACH: (833) 724-5728

Are you connected? Try an online experience.

Access Journeys on Any Connected Device

- Download the Virgin Pulse app from the App Store or Google Play. Select Smoking Cessation Trust as your sponsor
- Log in from a computer at: VirginPulse.com

Online Journeys are made up of small steps that help you make new habits. You get to pick the healthy steps - which may incorporate activities as well as brief videos - that appeal to you, and work at your own pace, unlocking new levels of healthy habits as you go. You'll find that changing habits doesn't have to be hard, and trying something new can be fun.

Choose from online journeys like:

Make Your Date to Quit • Ready, Set, Stop Smoking! • Stay on Track, Stay Quit

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Coaching and online Journeys are offered through Virgin Pulse