Quit For Life®

Tools to Support Your Quit

Quit For Life® on Rally Coach™ is available to you at no additional cost and gives you tools to help manage your cravings. Nicotine Replacement Therapy (NRT), like a patch or gum, can help you double your chance of quitting tobacco and nicotine for good.

Receive NRT Recommendations
Overcome cravings with patches or gum at no additional cost, based on eligibility.

Get Coach Support
Talk with a coach who will help create a personalized Quit Plan and guide you at every step.

24/7 Access to Quit Resources
Get real-life tips and plan your path to quit with recommended daily goals, articles, and videos.

It's **open enrollment** at Dow. Now is a great time to enroll with Quit For Life.

Get started at **quitnow.net., text START to 34191** or call **1-866-QUIT-4-LIFE TTY 711**.

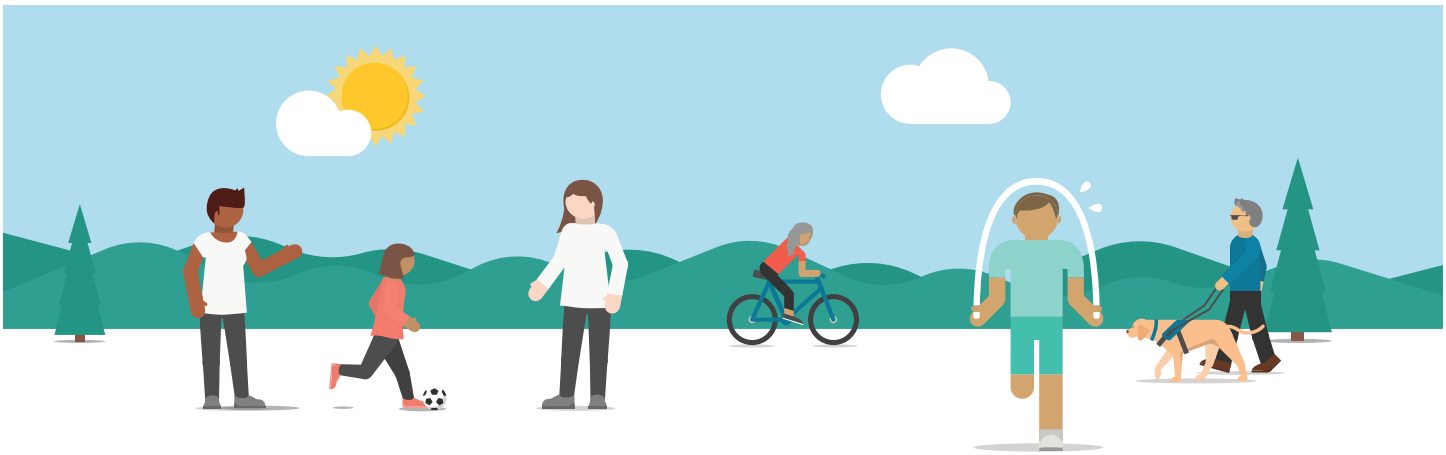
DOW®

RALLY/COACH™

Quit For Life is available to eligible members at no additional cost as part of your health benefits. The Quit For Life Program is educational in nature and is not a substitute for medical advice.

© 2023 Rally Health, Inc. Rally and the Rally logo(s) are trademarks of Rally Health, Inc. All other trademarks are the property of their respective owners.

WF7434537 214345A-052022 OHC



Kick Cravings with Exercise

There are a lot of ways you can quit smoking,
but one of the best ways to help you quit is regular exercise.

How Exercise Curbs Cravings

It Limits Your Urge to Smoke
Studies show that short periods of physical activity — especially aerobic exercises like walking, swimming, or running — reduce the urge to smoke.

It Limits Your Withdrawal Symptoms
Your urge to smoke decreases during exercise and up to 50 minutes after.

It Limits Your Weight Gain
Exercise decreases appetite and helps limit weight gain that some people experience when they quit smoking.

It Gives You More Energy and Improves Your Mood
Regular exercise helps you cope with stress, have more energy, and improves your mood.

Get started at **quitnow.net., text START to 34191**
or call **1-866-QUIT-4-LIFE TTY 711**.

smokefree.gov; Fight Cravings with Exercise. https://smokefree.gov/challenges-when-quitting/cravings-triggers/fight-cravings-exercise. Accessed July 21, 2021.

Quit For Life®

WF7434537 214345A-052022 OHC