Smoking Cessation Tools

- Smoking Cessation Tools can be accessed at any time by clicking on the Smoking Cessation Tools button on the home screen of the app.
Cessation Tool Options

- There are many smoking cessation tool options available.
- Options can be seen in the screenshot on the left.
Benefits of Quitting Smoking

- As you may know, there are many benefits to quitting smoking.
- Selecting “Benefits of Quitting” will give you a full list of benefits to learn about.
Benefits of Quitting Smoking

In addition to your personal reasons for quitting smoking, there are many other benefits as well. To further motivate yourself, do you want to see more information on any of these benefits of quitting?

- Healthy changes you see over time
- Feel better
- Look better
- Smell better
- Reduce your risk for heart disease
- Reduce your risk for cancer
- Protect your family - including your pets!
- Starting a family
- Save money
- Be hassle-free
- Be more in control
- Be guilt-free
- Save the environment
- Say "no" to Big Tobacco
- No, I don't want to see additional information on these benefits

Select one or more from the list and learn more about that specific benefit.
Examples of the Benefits of Quitting

Be Hassle-Free
Are you really going to miss having to find a place to smoke outside when it's raining, snowing or simply miserable out there?
Are you going to miss making sure you have cigarettes on you, and enough money to buy more?

Save Money
Smoking is expensive!
Apart from saving the cost of buying cigarettes, by quitting smoking you will also save on medical bills.

Be Guilt-free
Many people who smoke, especially those who only smoke occasionally, don't want important people in their lives to know that they are smoking. As a result, they end up lying to the people they care about the most - significant others, siblings, parents, etc. If that's you, quitting smoking will be a huge relief, because you can finally be yourself: no more hiding. You'll notice the burden being lifted off from your shoulders immediately!