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.
Cessation Tool Options

- Select the first option to schedule or reset your quit day.
Setting and Re-Setting a Quit Day

• By Selecting “Schedule Your Quit Day,” you can either set or re-set your quit day.

• In the screenshot to the left, the quit day has been set to June 25th, 2017

• Select “SET” to schedule your quit day.