

# What is QuitNow?



QuitNow is a free program to help you quit or reduce your use of tobacco and/or vaping products. Our personalized support services have helped thousands of British Columbians quit tobacco and nicotine. QuitNow is committed to supporting you through your whole quit journey. We are here to help, whether you are thinking about quitting, are ready to quit, or have already quit and want extra support.

The QuitNow program includes online information, personalized coaching, and access to a supportive community of peers.



## Web-based Services

When you join QuitNow online at [www.quitnow.ca](http://www.quitnow.ca), you will be guided through the process of creating a personalized Quit Plan. The Quit Plan is an online plan of action to help you feel prepared to quit and stay quit long-term. You will start to explore your motivations for quitting, learn about different quit methods, and identify possible smoking or vaping triggers.

You can also find information on the health risks of tobacco, the benefits of quitting, and tips for handling cravings and challenging situations.



## Behavioural Coaching

QuitNow's behavioural coaching services are available seven days a week. We will pair you with a trained Quit Coach who will work with you over a series of calls to help you feel ready to quit and to support you through the process.

You can also talk to a Quit Coach to ask questions or get advice through a one-off phone call or via live chat on the QuitNow website.

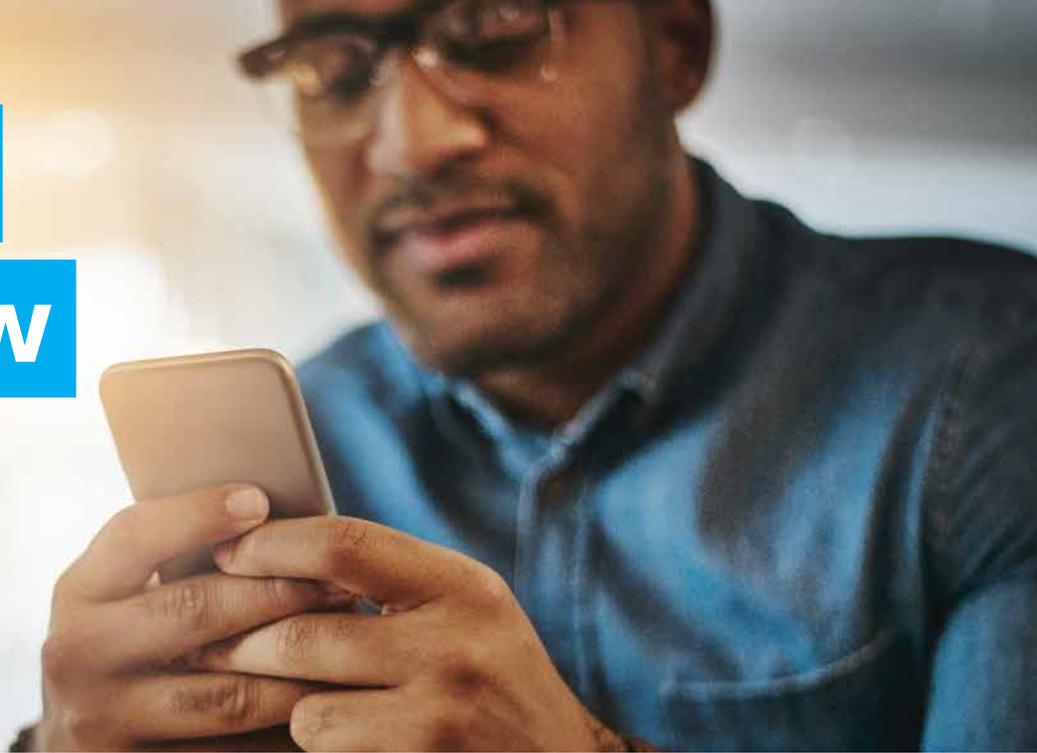


## Supportive Community

A supportive community can make a world of difference when you are looking to quit tobacco and nicotine use. The QuitNow Community Forum is a place to share quit tips and coping strategies, celebrate quit successes, and get support from others who know what you are going through.

You can also get peer support during our monthly Group Coaching sessions, which take place via teleconference with a Quit Coach. Each session focuses on a common question, skill, or quit tip that can help you prepare for your quit.

# Joining QuitNow



## How do I access QuitNow?

There are two ways you can join QuitNow:



### Join on our website

Simply visit [www.quitnow.ca](http://www.quitnow.ca) to get started! We will walk you through creating your profile and Quit Plan, and you can opt into phone and email services as desired.\*

Once your profile is set up, your home page will provide a tailored action plan with quit tips and educational resources, and you will be able to chat with peers in our Community Forum and with our Quit Coaches via live chat.



### Call the phone line

You can call our Quitline 24/7 at **1-877-455-2233** to get started with a Quit Coach.

When you make your initial call, the Quit Coach Assistant will help you schedule a callback with a Quit Coach. The Quit Coach will call you back at the scheduled time, talk to you about your goals, and work with you to help you feel ready to quit.

\* Note: You can access the information at [www.quitnow.ca](http://www.quitnow.ca) without making a profile. You will still be able to access resources and see the Community Forum, but you cannot interact on the forum or with a Quit Coach without signing up.