



No Excuses

Web Coach® and Text2Quit®

Quitting is now convenient, effective
and available 24/7

Quit Now Indiana now offers two new services: **Web Coach®** and **Text2Quit®**. These user-friendly features are designed to give you the support needed throughout the quitting process. There have never been better tools to help you quit. **Web Coach®** and **Text2Quit®** will empower you to take control of your tobacco addiction and successfully quit for life.

You will learn how to:

- Quit at your own pace
- Overcome your cravings to smoke
- Select the proper quit medications
- Control your smoke-free environment

Enroll today at eQuitNow.com.



1.800.QUIT.NOW

Indiana's Tobacco Quitline
www.eQuitNow.com