



## Welcome to QuitNet

### A Community for Tobacco Cessation

Join others just like you and get the support you need to quit smoking for good.

### This time is different

Chances are you've tried quitting before. And if you're trying today, with all the challenges of life in a pandemic, it's probably harder than ever. You have a new opportunity for real change—new habits, a new mindset, and a new view of you as a nonsmoker.

**What you need is the right kind of support.**

### We're different

When you participate in a social support group, you have a better chance to quit smoking for good. The QuitNet community provides support from others with the same challenges and goals as you—people who understand what you're going through like no one else. Why does it work? Because you're not quitting alone.

### QuitNet Members have access to:

- > A community of tobacco users providing peer-based support for quitting smoking, vaping, and smokeless tobacco
- > A personalized digital platform with the ability to set a quit date, create a profile, and take a daily pledge with the community to quit for good
- > Trained Tobacco Cessation Specialists via digital messaging and video conferencing sessions
- > Quit guides, information about Nicotine Replacement Therapies (NRT), recorded tobacco cessation classes, and self-guided tools
- > Email and text messaging with daily quit tips and encouragement to stay on track

## Access QuitNet via your Healthy Ways Platform



### STEP ONE

Visit <https://gohealthyways.com>.  
If you do not have access to Healthy Ways, contact your Coach or Registered Dietitian for support.



### STEP TWO

Click on the Tobacco Cessation tile in your Healthy Ways user dashboard. Click on the QuitNet Community button to navigate to the platform.



### STEP THREE

Create your profile and begin exploring everything QuitNet has to offer! Message your QuitNet Coaches to start working with a Coach privately 1-on-1.