



USE CODE:
OKtoQuit

Join Quitter's Circle[®] to Begin Your Quit-Smoking Journey Today!

Congratulations on deciding to quit smoking!

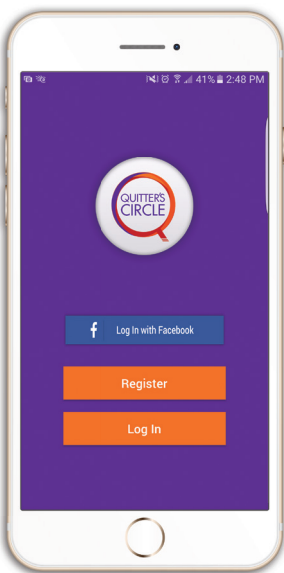
Quitter's Circle is for smokers who want to make a quit attempt. It includes a mobile app, a website, and Twitter and Facebook pages. We hope that Quitter's Circle's support, information, and tips will help you throughout your quit-smoking journey.



- 1 Download the Quitter's Circle app from the App Store (for Apple devices) or Google play (for Android devices).
- 2 When prompted, enter: **OKtoQuit**.
- 3 Respond to all start-up questions. Accurate responses will enable the app to send you the most relevant quit content based on your current progress.

Make the most out of your Quitter's Circle journey.

Ensure you get the best possible experience using the Quitter's Circle app by doing the following:



- 1 Log your smoking information (whether you smoked any cigarettes, what your triggers were, etc) each day and respond to questions when prompted. This information will help ensure you are provided with the most relevant content based on your progress.
- 2 Invite family and friends to download the app and join your Quit Team as supporters. Supporters can send you motivational messages when you need some extra help, and can stay current on your quit progress.
- 3 Visit Quitter's Circle online and on Twitter and Facebook to receive the latest tips, connect with fellow quitters, and share your successes and challenges.