

SMART PHONE APPS TO HELP YOU QUIT SMOKING

Butt Out – Quit Smoking Forever - \$3.99

For much less than a pack of cigarettes, Butt Out helps you stay focused on your quitting goal. The app lets you pick your own motivational picture and read messages of support from the community. Track your cravings and how many times you end up smoking, then watch your progress over time.

Get rich or die smoking – Free

This app has a catchy title going for it, and a lot more. It goes further than just showing you how much money you save by not buying cigarettes. It also shows you what you can now buy with that money instead! You can chart your progress and choose to reward yourself with trophies. You still get to see the health progress you're making, and if you were to give in to a craving, there's a relapse button to hold you accountable.

Kwit – Free

Kwit uses the same techniques to help you quit smoking as game designers use to keep you playing their products and staying engaged. As you progress, you advance levels. There are also 60 achievements to unlock, some of which have information about the health benefits you're getting from staying smoke-free.

Live Strong MyQuit Coach – Free

Livestrong MyQuit Coach is a virtual coach that allows you to create a personalized plan for quitting. It's approved by doctors and easy to use. The app lets you choose to go cold turkey or gradually taper off. Along the way, it provides inspirational tips, facts about quitting, and achievement badges so that you remember to feel proud of yourself on your path toward a healthier lifestyle.

Quit it lite – Free

Quit It Lite uses money as motivation. Cigarettes are an expensive habit, but we often don't think about how much we're spending, especially when dealing with an addiction. The app keeps track of the amount of cigarettes you didn't smoke, and how much money that has saved you. It also tells you the health benefits you've gained.

THINGS TO REMEMBER

“When you feel like quitting, think about why you started.”

1-800-QUIT-NOW is a toll-free number operated by the National Cancer Institute (NCI) that will connect you directly to your state's tobacco quitline. The number serves as a national portal to link callers to their state quitline based on their area code. It also allows for national promotion of quitlines using a

single telephone number. 1-800-QUIT-NOW was established by the NCI in November 2004 as part of a US Department of Health and Human Services cessation initiative, the National Network of Tobacco Cessation Quitlines