



You **can** quit smoking.
We can help.

There are now more former smokers in the U.S. than current smokers—and you could be one of them! One of the most effective quit smoking programs in the country, Freedom From Smoking® has an online quit smoking experience called Freedom From Smoking® **Plus**. The interactive program allows you to create a unique quit smoking plan on your computer, tablet or smartphone.

With videos, quizzes and activities, Freedom From Smoking® **Plus** helps you quit smoking with a step-by-step guide that includes:

- Knowing you are ready to quit
- Setting a quit date and making a plan
- Medications that can increase your success
- Lifestyle changes to help you quit
- Coping strategies for managing stress
- How to stay smokefree for good



As you go through the online quit smoking program, you can lean on the supportive network of the American Lung Association.

- Chat with other quitters anytime, anywhere through our online community
- Call the Lung HelpLine at 1-800-LUNGUSA to talk to a quit smoking counselor for individual attention and support

Free memberships are available for a limited time to residents of Kentucky, Michigan, Missouri, West Virginia and Fresno, California.

Access Freedom From Smoking Plus at no cost:

1. Visit Lung.org/ffs-asthma
2. Complete the Registration Form, and create a login and password
3. Click “Start”
4. Go through the program at your own pace, making sure to take your time going through all the steps to quit smoking for good.
5. Continue to access the program at FreedomFromSmoking.org/dashboard with your login and password for a full year to maintain your new smokefree life!