

Want to quit tobacco? There's an app for that!

**Do you live in
Washington State?**

**Are you looking for a
new way to quit?**

Learn new ways to deal with the
urge to smoke.

- Private
- Personalized

Sign up at doh.wa.gov/quit
to get free access to the app.



Sponsored by the Washington State Department of Health

**The app is personal, easy to use, and
3 times more effective than trying to
quit on your own.**