

# QUIT TOBACCO.

## make everyone proud

[www.ucanquit2.org](http://www.ucanquit2.org)

Having a hard time quitting smoking or tobacco use since getting back home? Are you busy balancing returning to home, family, and work and trying to quit?

Help is now available 24 hours a day / 7 days a week.

DoD and VA have now partnered so that Veterans can now use the “QUIT TOBACCO. make everyone proud” website to get help quitting tobacco, including online tools, personalized quit plans and live chat services.

Talk with your VA primary care provider to find out what works and get a prescription for medications that are available at VA pharmacies. Using a medication, such as nicotine patches or gum can double your chance of success.



We can help. Talk to your VA health care provider and visit [www.ucanquit2.org](http://www.ucanquit2.org) today.