

# Quit For Life®



## Here's The Truth About Vaping

If you're getting mixed messages about vaping, you're not alone. Here are facts to keep in mind if you're thinking about quitting. Quit For Life® on Rally Coach™ is designed to give you the confidence you need to quit tobacco for good.

Quit For Life gives you a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Plus group video sessions, nicotine replacement therapy, and more. All at no additional cost to you.



### Vapes Are Tobacco Products

The Food and Drug Administration (FDA) classifies vapes as tobacco because they contain nicotine taken from tobacco leaves.<sup>1,2</sup>



### Vapes Are Not Safe

Although many vapes have fewer chemicals than regular cigarettes, this doesn't mean they're harmless. E-cigs have many known toxic or cancer-causing chemicals.<sup>3</sup>



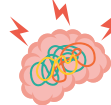
### Vapes Are Not Proven to Help People Quit Tobacco

Vaping is not approved by the FDA as a way to quit smoking.<sup>1,2</sup>



### Vapes Are Addictive

If your e-cigs have nicotine in them, they're addictive. Period.



### Vapes Are Bad For Your Brain

Your brain is still developing into your 20s, and vaping can cause damage as it grows.<sup>4</sup>

Get started at [quitnow.net](https://quitnow.net)  
or call 1-866-QUIT-4-LIFE TTY 711.

RALLY/COACH™

1. American Cancer Society. What do we know about e-cigarettes? [cancer.org/cancer/cancer-causes/tobacco-and-cancer/e-cigarettes.html](https://cancer.org/cancer/cancer-causes/tobacco-and-cancer/e-cigarettes.html). Accessed April 1, 2019.

2. U.S. Food and Drug Administration. Fact or fiction: What to know about smoking cessation and medications. [fda.gov/consumers/consumer-updates/fact-or-fiction-what-know-about-smoking-cessation-and-medications](https://fda.gov/consumers/consumer-updates/fact-or-fiction-what-know-about-smoking-cessation-and-medications). Accessed May 21, 2019.

3. Centers for Disease Control and Prevention. Electronic cigarettes: What's the bottom line? [cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf](https://cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf). Accessed April 1, 2019.

4. SmokeFree.org. What we know about electronic cigarettes. [smokefree.gov/quit-smoking/ecigs-menthol-dip/ecigs](https://smokefree.gov/quit-smoking/ecigs-menthol-dip/ecigs). Accessed April 29, 2019.