

TOBACCO CESSATION RESOURCES

Below is a list of various tobacco cessation resources to help you in your journey to stop smoking, chewing, using snuff and to stop the use of e-cigarettes.

www.ucanquit2.org

www.lungusa.org

www.yesquit.org (1-877-YES QUIT)

www.tobaccofree.org

www.quitnet.com

1-800-YES QUIT-NOW (1-800-784-8669, ENGLISH and Spanish)

Center for Disease Control and Prevention:

Healthy Living: <https://www.cdc.gov/healthyliving/index.html>

MOBILE APPS RESOURCES

Smoke Free: *

<https://play.google.com/store/apps/details?id=com.portablepixels.smokefree&hl=en>

1. Dashboard provides by-the-second updates on the amount of money you've saved, how long you have been smoke free, and how many cigarettes you have not smoked.
2. Watch how quickly your health improves and see how your blood pressure, oxygen and carbon monoxide levels, taste, smell, breathing, energy levels, and circulation return to normal.

Kwit-quit smoking for good smoking cessation: **

<https://play.google.com/store/apps/details?id=fr.kwit.android&hl=en>

1. Kwit is based around the concept of Gamification, a tool used for motivation in behavior changes and helping people stick to their decision to quit smoking. Gamification makes things fun by adding game elements to the process, approaching positive reinforcement, scoring points by remaining smoke free, rewarding with meaningful achievements, and obtaining support from friends by sharing your progress.

Quit Dipping or Chewing: DipQuit: ****

<https://play.google.com/store/apps/details?id=com.kaplankomputing.quitdip&hl=en>

1. Track your quit stats: number of days quit, money saved, dips saved.
2. Track your progressing health response to nicotine cessation.
3. Achieve milestones keeping you motivated during tough times, App will send notifications to your mobile device when you hit major milestones like ten days quit, 100 dips saved, and money saved.
4. Quitting by yourself is tough. When you surround yourself with other people quitting, it makes it much easier. This app allows you to communicate with other people quitting and you can ask questions, share experiences, get encouragement and more.

*Compatible with App Store and Google Play

**Compatible with App Store, Play Store, and Windows Phone Store

***App found on Facebook

**** Compatible with App store and Google play

These resources are provided to assist with smoking cessation, and does not imply WBAMC, Army or Department of Defense endorsement.