

Your Path to Quitting



Starts Here.

If you've thought about quitting tobacco, we can help.

Vaya has partnered with **Quit For Life®** to make sure you have all the tools and online resources you need to quit—and stay quit—at no cost to you.



Get Support

Call, text, or chat online with a coach who will help create your personalized Quit Plan and guide you at every step.



Access Resources 24/7

Manage triggers with coach-led group sessions, trackers, text support, and more—available any time, anywhere.



Find Quit Recommendations

Get real-life tips and plan your path to quit with recommended daily goals, articles, and videos.

“I think this is an awesome thing. I feel like I am doubly motivated now. I have someone to provide support in every area.”

Tobacco Cessation Program Participant

Quit For Life®

Ready to Take the First Step?

Call **1-866-QUIT-4-LIFE (1-866-784-8454)** or visit quitnow.net/vaya to learn more.

Member & Recipient Service Line: 1-800-962-9003

(available Mon. — Sat., 7 am — 6 pm)

Behavioral Health Crisis Line: 1-800-849-6127

(available 24 hours a day, 7 days a week)

