

## Quitting tobacco is tough. But so are you.

Military Veterans can receive free support in quitting tobacco use through the American Lung Association's Freedom From Smoking® Plus program. We've helped hundreds of thousands of people break their dependence on nicotine. We can help you, too.

Ranked as one of the most effective quit smoking programs in the country, [Freedom From Smoking® Plus](#):

- **Provides a comprehensive program.** FFS Plus gives you a full year's access to an online cessation program that will help you quit step-by-step and then maintain a tobacco-free lifestyle, along with support from certified tobacco cessation counselors whenever you need it.
- **Addresses today's mobile lifestyles.** Provides instant access to web-based and telephonic counseling through your desktop, laptop, tablet or smartphone.
- **Provides Flexibility.** Available 24 hours a day/7 days a week.
- **Ensures Privacy.** FFS Plus offer users a safe online experience, while still allowing access to cessation counselors and an online community of others quitting tobacco for good.



## You can do this. We can help.

Whether you are ready to quit, or are thinking about quitting over the next 12 months, this program will help you acquire the tools needed to be successful.

**Register today** and claim your freedom from tobacco at <https://bit.ly/FFSPlusVeteran>.

## Building on a history of success

Freedom From Smoking® Plus is the newest way to access the American Lung Association's proven smoking cessation program:

- Successfully helping people quit for nearly 40 years
- Nearly 60% of participants quit when Freedom From Smoking is used with a quit-smoking medication