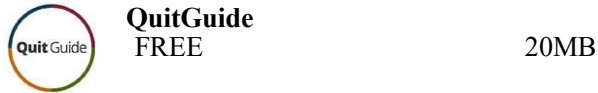


# You are doing a lot of wonderful things for you and your baby

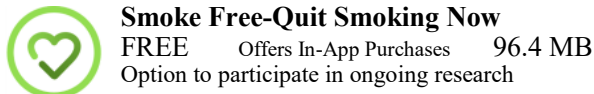
Try texts and apps to help quitting tobacco:  
Another step to a healthier you

These apps may cost carrier or data fees—check first



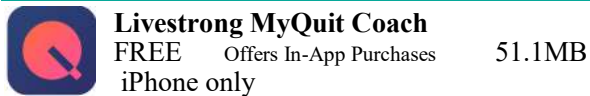
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- Track cravings & slips
- Identify reasons for quitting
- Get tips for dealing with cravings
- Monitor your progress



## See how your health is improving!

- See how long you've been smoke free
- Track money you've saved
- Record your cravings
- Earn badges for progress
- Share successes with friends



## Upload your own motivations!

- Track cigarettes smoked and cravings
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See the flip side for texting and websites!

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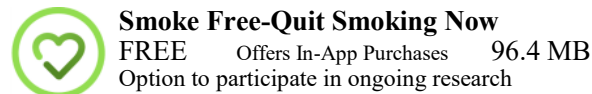
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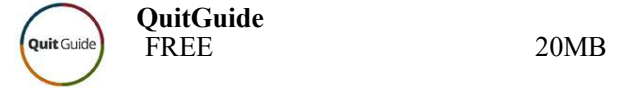
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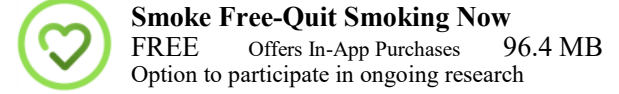
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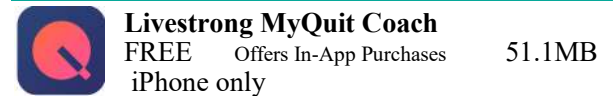
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FREE Offers In-App Purchases 55MB

#### Share progress on social media!

- Real-time stats to help you cope with anxiety:
  - ◊ The time since your last cigarette
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### Kwit - Quit smoking

FREE Has Ads & In-App Purchases 127.3 MB

#### Use game techniques!

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## Text & Web Options



Text messages to help you quit. Set a quit date, get through cravings and track your progress. Sign up on the website <https://quit4baby.com>.

**smokefree**women Provides advice, texts, tips and support specific to women's needs, including expecting moms. Visit <https://women.smokefree.gov> or **Text QUIT to 47848**.

**ex** Create a smart, custom plan to quit smoking, vaping, dipping, or chewing tobacco; [www.becomeanex.org](http://www.becomeanex.org)  
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**THEQUITLINK** The Maine community of online support to quit smoking at <http://thequitlink.com>

**THIS IS QUITTING** Get motivation, support, tips and strategies to quit vaping via text – designed for youth and young adults. **Text DITCHJUUL to 88709**.

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