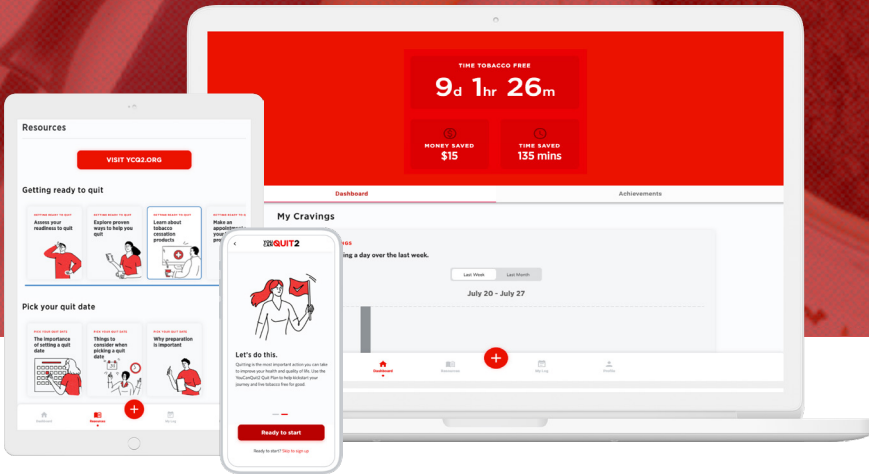


SPECIAL EDITION

QUIT BRIEF



SHARE THE NEWS!

NEW: YOU CAN QUIT 2 QUIT PLAN

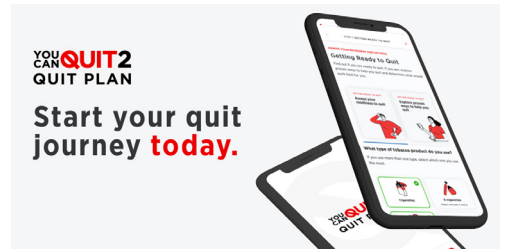
YouCanQuit2 is proud to announce the YouCanQuit2 Quit Plan, a new unique and customizable tool that Service members can use to help them quit tobacco. The interactive tool is a mobile-first, app-like experience that can be accessed using your browser on any device (phone, computer or tablet). The tool guides Service members step-by-step on how to prepare to quit tobacco and then gives them encouragement and tips to accomplish their goals as they work to become tobacco free.

What the YouCanQuit2 Quit Plan has to offer:

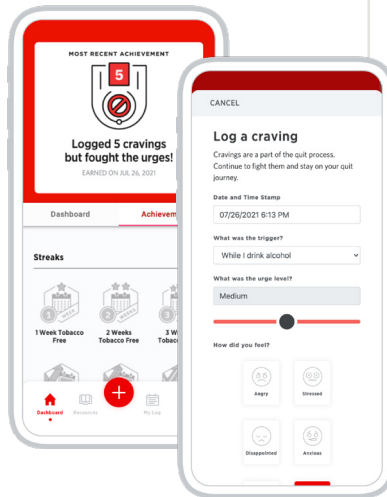
Service members can use the quit plan to:

- Set a quit date
- List personal reasons to quit
- Identify and prepare for triggers and cravings
- Monitor progress (think: track savings)
- Log cravings and slips to see how they're doing and where they may need to adjust
- Stay on track to meet their goals and conquer hard moments
- Celebrate successes and unlock achievements
- And much more!

The YouCanQuit2 Quit Plan can be used by anyone who wants to quit tobacco, no matter what form of tobacco or quit method they're using. The tool can supplement counseling, quitlines, texting programs, medications or going cold turkey. Throughout their quit journey, Service members can (and should!) refer to and update their quit plan. This tool was designed with Service members in mind so they can access the info and tools they need for a successful quit, no matter where they are.



1. Encourage Service members to start using the tool by sharing this message:
 - Check out the new YouCanQuit2 Quit Plan at <https://www.ycq2.org/how-to-quit-tobacco/making-a-quit-plan/>! This tool is customizable, and you can access and update it from anywhere to help you see your quit through to the finish.
2. Link to the YouCanQuit2 Quit Plan on your organization's website by visiting <https://www.ycq2.org/link-to-us/> to post the YouCanQuit2 Quit Plan graphic and the accompanying HTML code on your webpage.



Help Service members live tobacco free with the YouCanQuit2 Quit Plan: <https://www.ycq2.org/how-to-quit-tobacco/making-a-quit-plan/>

