

## WHAT'S MISSING FROM YOUR Quit For Life KIT?



Each Quit for Life Kit sent to subjects included a Quit Kit containing:

- > Two "Quit for Life" apple-shaped magnets to post the Tip Sheets on the refrigerator
- > "Be Kind to Me - I'm Quitting Smoking" button
- > Two "Thank You for Not Smoking" stickers and Two Quitline Telephone stickers to remind the subject to call the telephone counselor for assistance
- > "Quit for Life" Savings Bank to remind the subject to save the money he/she would have spent on cigarettes
- > "Tips to take Along" card which includes information on:

- How to handle cravings
- Tips to keep you smoke-free
- How to deal with slips



and an attached postage-paid "I Quit" card to request an "I've Quit Smoking" certificate

- > Cigarette substitutes:

- Trident® or Chewels® sugar-free gum and Certs® sugar-free mints donated by Warner Lambert Company
- Stim-u-dent® Interdental Cleaners donated by Johnson & Johnson Products, Inc.
- Quaker® Rice Cake coupon and recipes donated by Quaker Oats

