



QUIT SMOKING START LIVING



Text **iquit6** to
844-332-2058 to
get free *Quitxt* text
messages on your
phone to help you
quit smoking!



Did you know text-message support is scientifically proven to double your odds of quitting smoking? Quit smoking for good with *Quitxt*, a free service that turns your phone into a personal quit coach by providing text messages with motivation to quit, setting a quit date, real-time help handling stress, and more. Texts also link to online support from UT Health San Antonio and educational videos, music, and real-life testimonials from Texans who have quit.