

YOU CAN QUIT.  
KICK IT CALIFORNIA  
CAN HELP!

**KICK/IT**  
California

CONGRATULATIONS!

You have taken the first step towards a healthier life. A Kick It California coach will call you within 48 hours from an (800) number to discuss:



### QUIT PLAN

Call from a Quit Coach to start your personal quit plan.



### QUIT MATERIALS

Custom quit materials to help guide you through your quit journey.



### QUIT AIDS

Free nicotine patch evaluation.

If we don't reach you on the first call, we'll try back a few times.

Feel free to call us if you have any questions or want to get started right away!

**1.800.300.8086**