



# Welcome to QuitNet

## Your Tobacco Cessation Program

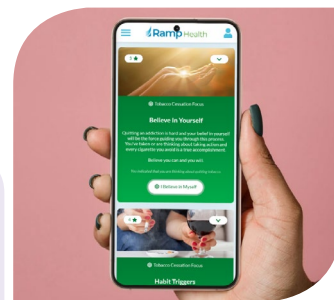
### This Time is Different –And You Don't Have to Do it Alone.

Chances are you've tried quitting before. And if you're trying today, with all the challenges of life, it's probably harder than ever. Now, you have a new opportunity for real change – new habits, a new mindset, and a new view of yourself – as someone who is free from tobacco. Gain support from a Health and Wellness Coach trained in Tobacco Cessation who understands what you are going through.

Your Coach will listen to understand where you are today in your relationship to tobacco. Together, you will explore your desire to become tobacco free and set realistic goals that help you make progress at your own pace.

### How to Access the Program

- 1 Scan the QR code or Visit <https://portal.ramphealth.com/#register/general/qn193ph> and create your account.
- 2 Check your inbox for a verification email from support@RampHealth.com and follow the prompts to get started.
- 3 Bookmark the site or use the app for future access.



### Your Program Includes:

#### Trained Tobacco Cessation Coach

Your Coach is available in your Ramp Health platform via digital messaging, online appointment scheduling, and virtual or telephonic sessions.

#### Personalized Content Experience

Your digital health experience adapts to your unique needs. You will receive personalized tips and nudges that meet you where you are and help you stay on track with your goals.

#### Self-Guided Tobacco Cessation Course

Your course guides you through the steps of quitting one step at a time and at your own pace. Before you know it, you will be well on your way to being tobacco free for good!

**Every step you take is an opportunity to improve your well-being.**

Verify Your Account • Take Your Health Risk Assessment • Connect with Your Coach

Questions? Contact [support@ramphhealth.com](mailto:support@ramphhealth.com) for assistance.