The path to quitting starts here



If you use tobacco and have thought about quitting, **Quit For Life® on Rally Coach™** may be able to help. Get tools and online resources designed to help you quit — and stay quit — at no additional cost.

Get coach support
Connect with a coach who will help create a personalized Quit Plan and guide you at every step

Access anytime, anywhere
Manage triggers with help from coach-led group sessions, trackers, text support, and more, all at your fingertips

View quit recommendations
Get real-life tips and plan your path to quit with recommended daily goals, articles and videos

Stay on track with **24/7** support

Quit For Life®

Get started

Go to Myuhc.com > Coverage & Benefits > My Coverage & Benefits > Additional Benefits > View all additional benefits

United Healthcare

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this program is for informational purposes only as part of your health plan. Wellness coaches, nurses and other program representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

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