



Quit Now.

Introduction:

The QUIT NOW Tool is a web-based program to help you, or someone you care about, quit using tobacco. Even if you are not a smoker, you're still invited to participate. It takes 10-15 minutes per week to experience the program, and you can access it from any location with an internet connection.

What to Expect:

The Wellness Council of Indiana will create a login account for you to get started. Using your login information, you can participate whenever it's convenient for you.

How to Get Started:

After expressing interest, either to your employer or to the Wellness Council, go to www.quitnowtool.com and enter your login information, which will be provided for you in an email.

To begin, log in with the username and password emailed to you from the QUIT NOW Tool system.

Before you get started with the program, we'll ask you a few questions. Your answers are private and do NOT identify you in any way. We use this information only to learn more about how to best serve you. Your employer will NOT know how you've answered the questions.

Functions of the Employee Program:

The QUIT NOW Tool offers quick video vignettes and brief tobacco-related information in each chapter of the program. You can participate every five days, for a total of 12 chapters. Non-tobacco users are invited to participate in the first three chapters.

We've designed this program to be interactive, easy to use and a link to other resources to support you in quitting.

Contact Information:

For more information, email quitnow@wellnessindiana.org, or call 317-264-2165 to reach the QUIT NOW Tool Helpline.



1.800.QUIT.NOW
Indiana's Tobacco Quitline

