

# Trying to quit? You can do it!

Ready to try something new? You may have tried to quit in the past without success. Clickotine will give you the boost you need to quit—and quit for good.

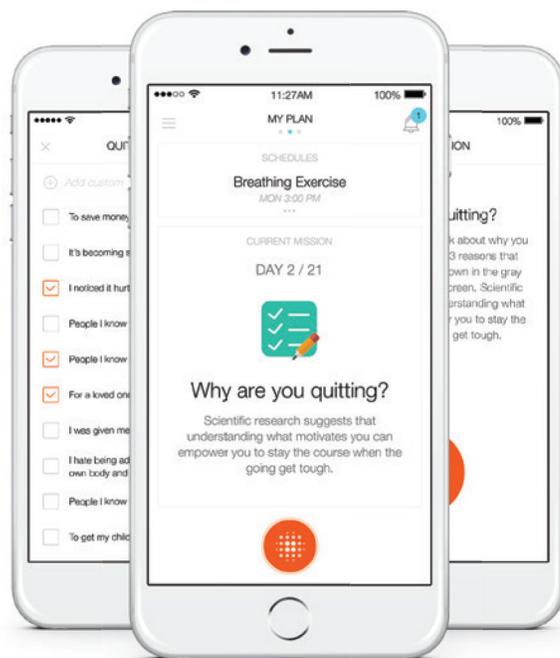
## The challenging road to quitting

If you've been smoking for some time, you know how hard it can be to quit. In fact, nearly 70% of adult smokers want to stop. People trying to quit often feel alone in their daily struggle. The good news is that it's never too late to work on quitting, and once you do, your health will improve quickly and significantly.

## Introducing the Clickotine mobile application

Clickotine is an innovative program that uses clinically-driven app technology to help you create and stick to a quit plan and overcome nicotine cravings. Based on clinical trials and data, Clickotine has a high success rate and includes these key features:

- ✓ **Personalized messaging:** Receive personal messages that keep you on track toward your quit goal.
- ✓ **Controlled breathing:** Monitor and control your breathing—an effective way to reduce nicotine withdrawal symptoms.
- ✓ **Real-time social support:** Post comments and share encouragement with others trying to quit.
- ✓ **Replacement distractions:** Get help diverting cravings to healthier actions.
- ✓ **Money saved:** Track how much money you've saved since your quit date—a powerful motivator for quitting.
- ✓ **Health recovered:** See how quitting has improved your health. As soon as you quit smoking, your body begins to recover.
- ✓ **Journaling:** Document how you're feeling during your quit journey. Not only can it help to relieve stress, it can also help you understand your smoking triggers, when you track your thoughts and feelings during your quit effort.



## Ready to get started?

1. **Go to [clktx.com/join](http://clktx.com/join)** and enter Client ID code: LNV20C
2. **You will receive an email** with your secure member code and a link to download the app.
3. **Create an account** and you're on your way to quitting smoking.

For more information on how to sign up, contact Customer Service at (505) 923-5678 or 1-800-356-2219.



Clickotine®

A Digital Therapeutics™ Program for Smoking Cessation

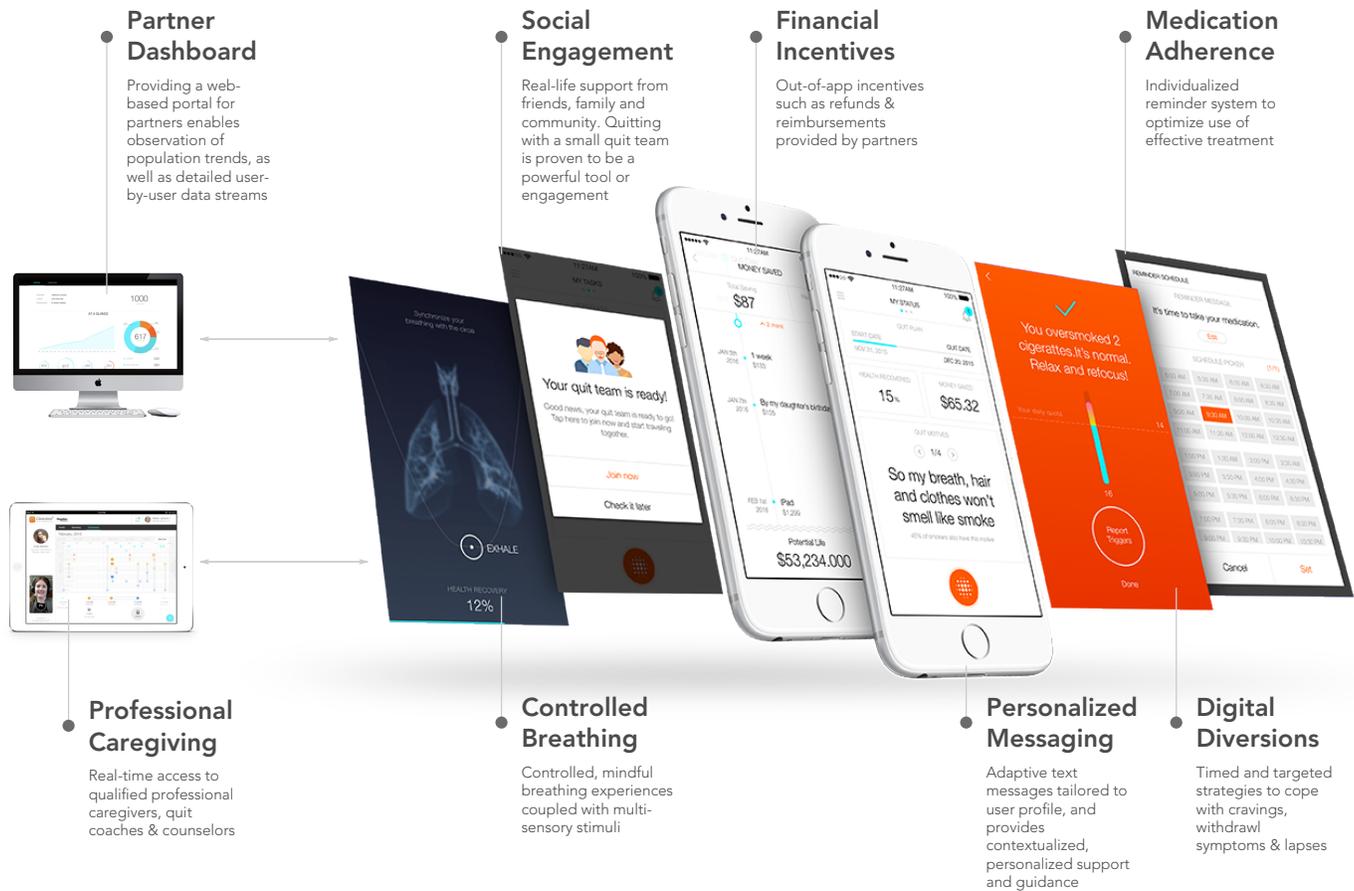
# Finally, Personalized Help to Quit Smoking

It is easy as 1-2-3 to start today!



Visit [www.clickotine.com](http://www.clickotine.com) for details.

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For technical assistance contact support

Call **877-352-5425**

Monday - Friday 9AM - 6PM ET

[support@clicktherapeutics.com](mailto:support@clicktherapeutics.com)



CLICK THERAPEUTICS™

