As you go through the online quit smoking program, you can lean on the supportive network of the American Lung Association®.

- Chat with other quitters anytime, anywhere through our online community
- Call the Lung HelpLine at 1-800-LUNGUSA to talk to a quit smoking counselor for individual attention and support

Access the online program for free with support from CVS Health. ❤️CVSHealth

Access Freedom From Smoking® Plus at no cost:

1. Visit bit.ly/FFSCVSHealth
2. Complete the Registration Form, and create a login and password
3. Click “Start”
4. Go through the program at your own pace, making sure to take your time going through all the steps to quit smoking for good.
5. Continue to access the program at FreedomFromSmoking.org/dashboard with your login and password for a full year to maintain your new smokefree life!