







Smoke and Tobacco Cessation Apps

All Kent State University campuses will become smoke- and tobacco-free beginning **July 1, 2017**, and we know quitting isn't easy. So, if you are ready to leave tobacco behind forever, help is in the palm of your hand! The following apps, and other similar apps, help make quitting a little easier by offering convenient virtual support when those cravings come knocking.

Google Play & iPhone App Store

	<p><u>Smoke Free</u>, <i>Free</i> For Android For iPhone</p> <p>Shows you how long you've been smoke free, the money you've saved from not smoking, and how your health is improving since becoming smoke-free.</p>
	<p><u>Quit Smoking – QuitNow!</u>, <i>Free</i> For Android For iPhone</p> <p>This interactive app has a chat feature and allows you to share achievements, such as time since your last cigarette, with friends on social networks.</p>
	<p><u>Kwit</u>, <i>Free</i> For Android For iPhone</p> <p>Turn quitting into a game! Shake your phone for a motivational card and unlock achievements as you go through the quitting process.</p>

More for iPhone/iPad

	<p><u>LIVESTRONG MyQuit Coach</u>, <i>Free</i></p> <p>Allows you to personalize your quitting plan and choose a gradual decrease or cold turkey. Helps set attainable goals and provides alerts and reminders.</p>
	<p><u>Quit It Lite</u>, <i>Free</i></p> <p>This app will send you regular texts about the benefits of quitting, such as the amount of tar you didn't consume by refraining from cigarette cravings.</p>
	<p><u>My Last Cigarette</u>, <i>\$0.99</i></p> <p>Customizes to your preferences and offers over ten different readouts with updated real time statistics to keep you informed and motivated.</p>

More for Android



[Get Rich or Die Smoking](#), Free

Includes a sophisticated rewards system and helps you to stop smoking by showing what you can now afford with the money you've saved.



[Quit Smoking Now: Quit Buddy!](#), Free

Choose the level of support you need and receive daily support from your personal quit smoking coach featured on this app.



[Quit Smoking: Cessation Nation](#), Free

Play fun and distracting games while you forget about your cravings and link to Facebook to interact with other users and post your achievements.

Windows – Microsoft App Store



[KickSmoking](#), Free

Unlock health benefits and quitting milestones, set savings goals, and utilize the craving timer to help take your mind off of smoking.



[My QuitBuddy](#), Free

Set your own goals and reasons for quitting, include photos and recordings of loved ones, and even add buddies you can call upon in times of need.



[SmartQuit](#), Free

Offers a program that shows you how to become more aware of your urges and helps you learn new ways to deal with those urges.

→ Click on the name or app icon of any of the above for more details about what the app offers

For additional information and resources, please visit:

<http://www.kent.edu/hr/benefits/smoking-cessation-resources-ready-quit>

**Kent State University does not endorse any of these products and is merely providing information and linking to resources. These apps are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have about treatment.*