

This is Quitting

This is Quitting is a program to help young people quit vaping, and so far has helped nearly 500,000 youth and young adults on their journey to quit vaping. Learn more about how it works and the additional resources available for parents of young vapers and for adults who want to quit.

Getting started

To enroll in This is Quitting, teens and 13 to 17 years old text **VAPEOUTFL** to **88709**. The first messages they receive will ask for their age and product usage so that they are able to receive relevant messages. Users will receive one age-appropriate message per day tailored to their enrollment date or quit date, which can be set and reset via text message.

How it works:

- Those who are not ready to quit receive at least four weeks of messages focused on building skills and confidence.
- Users with a quit date receive one week of messages prior to that date and at least eight weeks of messages after their quit date.
- Throughout the program, users can text COPE, STRESS, SLIP, or MORE to receive instant support.
- Upon completion of the program, users receive periodic text messages from **truth**^{®*} and may continue to use supportive keywords for as long as they like.

For more information to help your patients, visit:
<https://truthinitiative.org/thisisquitting>.



* Truth Initiative is an independent company providing tobacco education on behalf of Simply Healthcare Plans, Inc. and Clear Health Alliance.

By registering for This is Quitting, each user consents to receive SMS messaging from Truth Initiative's truth@ campaign and may opt-out of receiving such messaging at their election.

<https://provider.simplyhealthcareplans.com> | <https://provider.clearhealthalliance.com>

Simply Healthcare Plans, Inc. is a Managed Care Plan with a Florida Medicaid contract. Simply Healthcare Plans, Inc. dba Clear Health Alliance is a Managed Care Plan with a Florida Medicaid contract. Simply Healthcare Plans, Inc. is a Managed Care Plan with a Florida Healthy Kids contract.
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