



**Be bold.
Be you.**

Get started with **Live Vape FreeSM** for support to help you quit vaping in a way that works for you. It's easy, and all you need is your mobile phone. You'll get text support to set your own quit date and help to take steps toward putting your health first — free from vaping.



Initial assessment

allows you to see where you are, so you can learn what motivates you and get next steps.



Interactive content

served up to you daily includes videos, quizzes, self-assessments, audio and podcasts and more.



1-on-1 support

lets you connect with a coach who can offer quit tips, easy ways to quit and much more.

To get started with support to quit vaping,
text **VAPEFREE** to **873373**

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time.

Optum is a registered trademark of Optum, Inc. All other trademarks are the property of their respective owners.

© 2021 Optum Inc. All rights reserved. WF4535234 210035-052021 OHC