

Want to quit tobacco? There's an app for that!



Urge Monster



SmartQuit™ App

**Do you live in Washington State?
Are you looking for a new way to quit?**

Learn how to accept your urges instead of ignore them.
To become the master of your Urge Monster visit
doh.wa.gov/SmartQuit to get free access to the app.

Sponsored by the Washington State Department of Health



**The SmartQuit™ program is personal, easy to use
and 3 times more effective than trying to quit on your own.**