



**Be bold.
Be you.**

Get started with the **Live Vape Free**SM program 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, plus help to take steps toward putting your health first — free from vaping.

Find your path to quitting with Live Vape Free



Initial assessment

Once you enroll, you'll get an intro lesson to see where you are, learn what motivates you and get next steps.



Interactive content

You'll be served up quick and easy activities, like videos, quizzes, self-assessments, audio and podcasts and more.



1-on-1 support

Connect with a coach who has specific training on vaping and can offer tips, help set a quit date and more.

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

Msg & data rates may apply, terms and privacy information are available at <https://www.rallyhealth.com/corporate/terms/en-US/> and these messages will be recurring. By sending us a text message, you also are verifying the number you wish to receive texts at and acknowledge and agree that our text messages, which may contain Protected Health Information (PHI), will be sent via unencrypted means and there is some risk of disclosure or interception of the messages.

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

© 2021 Optum Inc. All rights reserved. WF4553328 210032-052021 OHC