



QuitSTART
Free

QuitSTART uses the information you provide to offer tailored tips, inspiration, and challenges to assist you in becoming smoke free and live your healthier life.



Smoke Free
Free w/ in-app purchases

"The app that science built"
Smoke Free utilizes 40+ evidence-based techniques to track your quit efforts, money saved, manage cravings, and identify your tobacco use patterns.



QuitNow!
Free w/ in-app purchases

QuitNow! makes quitting easier by helping you focus your efforts on four sections: your new non-smoking status, your cessation achievements, building a non-smoking community, and the changes in your health.

HELP WHEREVER YOU GO:

MOBILE TOBACCO REDUCTION & CESSATION APPS



MyQuit Coach
Free w/ in-app purchases

A physician-approved app that creates a personalized plan to help you quit smoking for good. Choose your approach, track your use, and track cravings. The app's built in community is a great place to find support and inspiration.



Kwit
Free w/ in-app purchases

Kwit's design was inspired by Cognitive and Behavioral Therapy (CBT) with a goal of targeting the side effects of cessation. Kwit helps track your progress, confront cravings, & offers motivation throughout your journey.



Vincere Health
Free

Vincere Health uses connects you with a health coach, assists in setting goals, allows you to track your progress, and lets you earn rewards based on the progress you've made.