

# iQuit PROJECT

Want to quit smoking?

**Sign up for iQuit:** [www.iQuit.help](http://www.iQuit.help)

Free text messages  
to quit smoking



- Complete a 15-minute initial survey to check that you qualify.
- Receive text messages with tips, encouragement, and support before, during, and after you quit.
- Receive a \$20 gift card if you complete the 8-week program.
- Contact us at [iQuitProject@gmail.com](mailto:iQuitProject@gmail.com) with any questions.



The iQuit Project is a research study led by researchers at ACS and UCSF.



University of California  
San Francisco