

STAY QUIT



Stay Quit Coach 2.0 is a **free, easy-to-use mobile app** designed to help anyone who would like to quit or reduce cigarettes, electronic nicotine delivery systems, cigars and chewing tobacco. This app helps you keep track of your tobacco use, set goals to quit or reduce use, and create coping plans for when you have urges or triggers. Stay Quit Coach 2.0 is not meant to replace professional care related to tobacco cessation.

MY PROGRESS

- Log your use of multiple tobacco products in real-time and track your progress over time.
- See how much money you've saved throughout your journey to quit or stay quit.

ALERTS

Turn on notifications to receive daily messages of encouragement and tips for staying on track. From the home screen, select the *Settings* (gear) icon and then select "Notifications" to set how often you would like to receive them.

TOOLS

- Identify your external, physical, or emotional triggers for tobacco use, and create a plan to cope with these triggers.
- Learn how to practice controlled breathing as a safe, effective stress management tool.
- Access crisis resources or support for your journey to quit or stay quit.

RESOURCES

- Learn about the benefits of quitting and how to prepare for quitting.
- Discover habits and strategies for coping with nicotine withdrawal.
- Learn how to get back on track if you relapse.

PERSONALIZE THE APP

After downloading the app, begin by creating a profile* and setting up a pin number to protect your privacy. Then, from the home screen select the *Stay Quit* icon to:

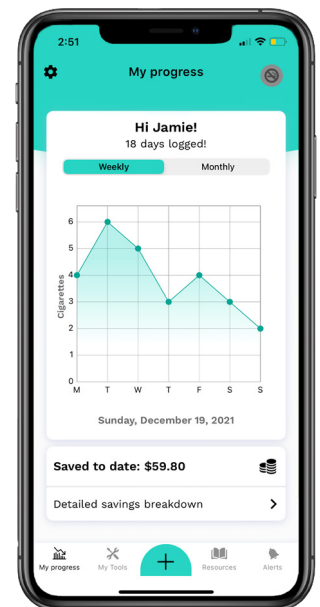
- Enter your reasons for quitting and upload motivational photos.
- Create a medication plan and set reminders to take medication.

Collaborators included: VA Office of Tobacco & Health; VHA Center for Innovation; University of California, San Francisco; and California Tobacco-Related Diseases Research Program. Additional partners included VA's VISN 21, VISN 21 MIRECC, VISN 20 MIRECC and VISN 6 MIRECC.

*Stay Quit Coach 2.0 adheres to the same privacy policy (www.ptsd.va.gov/appvid/mobile/index.asp#privacy) as the other apps from the National Center for PTSD: No information that could identify you personally is ever collected or shared from the apps. Your data are completely anonymous.

REFERENCES

Herbst, E., McCaslin, S. E., Hassanbeigi Daryani, S., Laird, K. T., Hopkins, L. B., Pennington, D., & Kuhn, E. (2020). A qualitative examination of Stay Quit Coach, a mobile application for veteran smokers with posttraumatic stress disorder. *Nicotine and Tobacco Research*, 22(4), 560-569. <https://doi.org/10.1093/ntr/ntz037>



Scan the QR code to download Stay Quit

