

Double your chances to quit smoking and vaping!

Find strength (and success) in numbers! Join Group Quit — at no cost to you!

Quitting can be challenging, but it's a journey worth taking for your health. You can quit with Group Quit!

Join group sessions that provide effective tools and support, whether you prefer to meet in person or online.

Signing up is a small step you can take now that will shape your future for the better. Don't wait — sign up today to reserve your spot in Group Quit!

Program choices:



Multi-session group program

- Meets one hour a week for four weeks
- Covers various topics like coping with triggers, managing withdrawal symptoms, addressing addiction, and preventing relapse



Single-session group program

- Two-hour one-time session
- Focuses on the steps to create your personalized quit plan



**Provided in partnership:
Florida's Area Health Education Centers**

[Click here to reserve your spot.](#)
(Pre-registration required)

*If medically appropriate for those at least 18 years of age. Group Quit is a free program available to all Floridians that assists people aged 18 and older in quitting tobacco to improve results, reducing overall health risks and medical costs. Florida Blue is an Independent Licensee of the Blue Cross and Blue Shield Association. 116589 0424

Why join Group Quit?



Effective tools and techniques:

Learn proven strategies to quit smoking and vaping and embrace a healthier lifestyle.



Supportive group setting:

Share your journey in a trusting and understanding environment, either virtually or in person. You're not alone — we're here for you.



Covers all forms of tobacco:

Whether it's cigarettes, e-cigarettes, cigars, or other forms of nicotine — Group Quit addresses it all.

What you'll receive:



Expert-led sessions:

Access insightful sessions led by professionals, guiding you through the journey of quitting.



Nicotine replacement therapy:

Receive free nicotine replacement therapy, including patches, gum, or lozenges* to support your quit journey.



Personalized quit plan:

Craft a plan tailored to your needs for a successful and lasting quit.