



## Let's get real about quitting

For teens, parents or any adult who's concerned about someone they love: We've coached thousands of people to help them quit tobacco. And we can coach you, too. Whether you want help talking with a teen in your life about vaping or if you are a teen and want to talk about vaping, join the **Live Vape Free**™ program.

### Live Vape Free offers support for for parents, teachers, mentors and teens



#### For adults

Learn about warning signs and facts, and get practical advice for how to talk with the teen about vaping. Plus, connect with a coach for support and access self-paced online courses and more.

To get started, visit  
[dhs.wi.gov/vapefree](https://dhs.wi.gov/vapefree)



#### For teens

Connect with a coach who has specific training on vaping and can offer additional tips. You can text a coach to learn easy ways to quit and see great content like games, quizzes and videos and more.

To get started, 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.

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