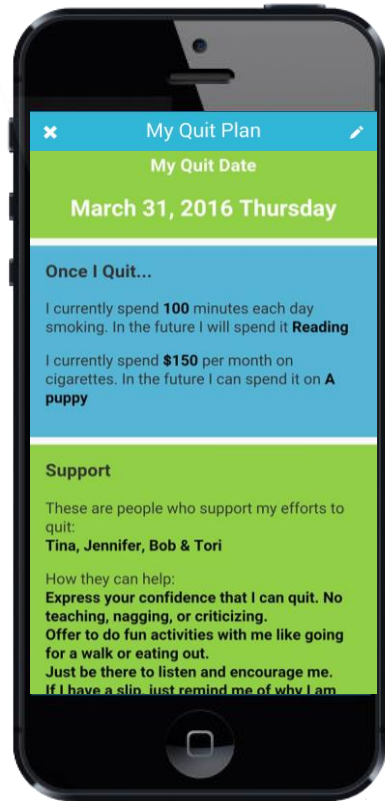
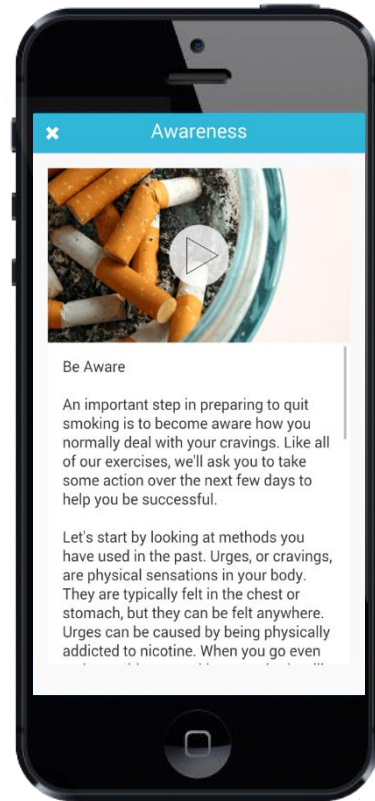


Smoking Cessation App Program Components



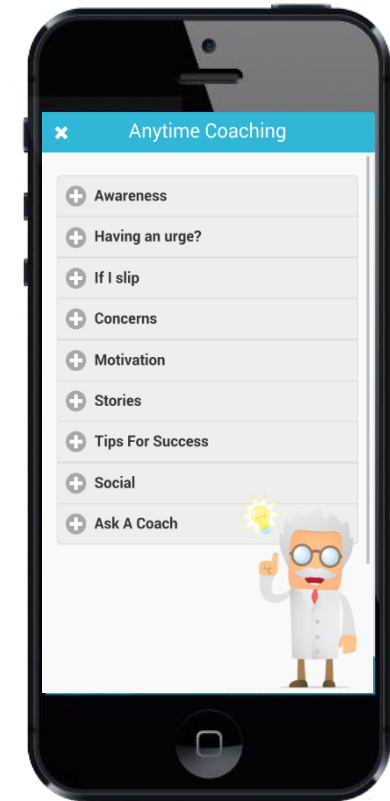
1. Create Quit Plan



2. Complete 8 Daily ACT Modules



3. Track Letting at least 10 Urges Pass



4. Visit Anytime Coaching at least once