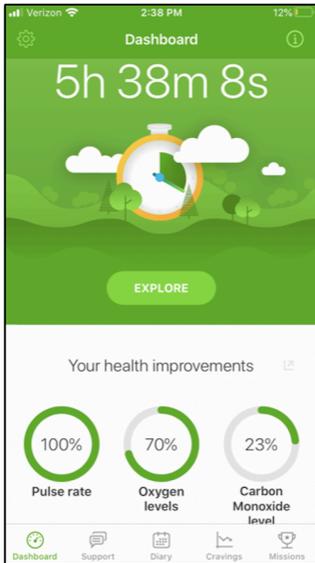




Cessation & Sobriety Apps

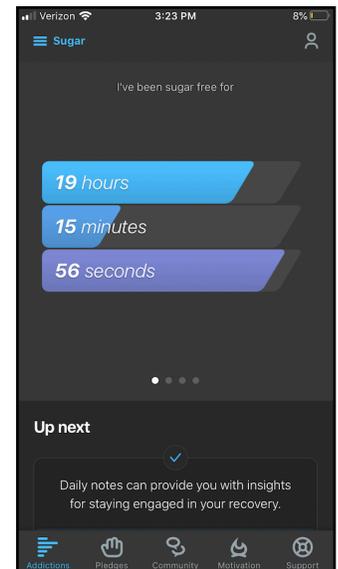
Whether it's cigarettes, alcohol, substance abuse, online shopping, diet coke or social media, these apps are designed to help you kick bad habits and get sober.



Smoke Free - FREE w/ premium membership upgrade
(<https://smokefreeapp.com/>)

Using evidence based behavior change techniques this app helps you double your chances of quitting. Track how long you've been smoke free and how much money you've saved in realtime. Explore health improvements from oxygen levels and pulse rate, to reduced risk of heart disease and lung cancer. Upgrade to a premium option for access to a quit coach. Available on Android and iOS.

I Am Sober - FREE w/ premium membership upgrade
(<https://iamsobers.com/>)



Track your sobriety with a community that understands. Build new healthy habits and kick your addiction from alcohol/substance abuse, online shopping or junk food. Choose your addiction(s) from the extensive list, or create your own. Make daily pledges to help you be accountable, view your progress in real time and connect with others who have the same struggle. Whether it's day 1 or day 1000 of sobriety, this app can continue to support you through your recovery. Available on Android and iOS.



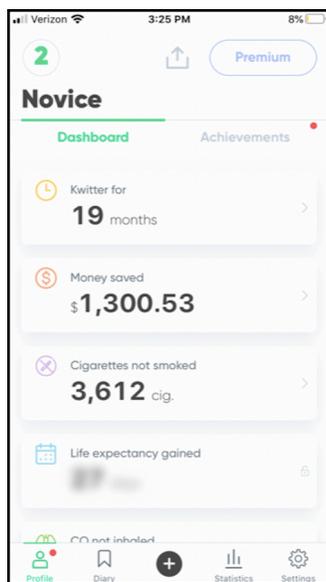
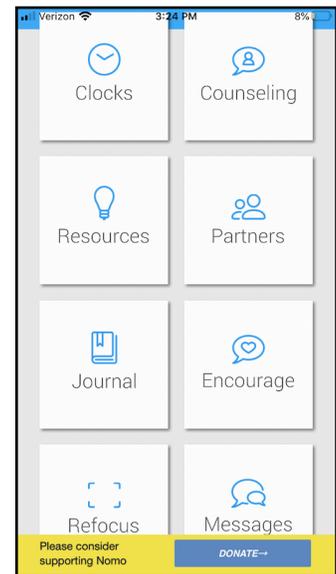
QuitStart - FREE
(<https://smokefree.gov/tools-tips/apps/quitstart>)

Input your smoking history and this app tailors tips specific to you. Monitor your progress and achievements, and store helpful tips and inspiration in your "Quit Kit". It also has games to help distract you from cravings and teaches you ways to manage your cravings in a healthy way, as well as a mood tracker that gives your suggestions to help you get back on track if you have a slip up. Available on iOS and Android.

Nomo - FREE

(<https://saynomo.com/index.php>)

The completely free app is designed by a recovering addict to help you beat your own addiction. Set clocks, track your progress and collect milestones. Access resources for various addictions, create partnerships with others struggling with your addiction and refocus yourself with mini-games and exercises to slow down the impulses. You can also share your clocks with friends and family for them to help support you in recovery. Available for Android and iOS.

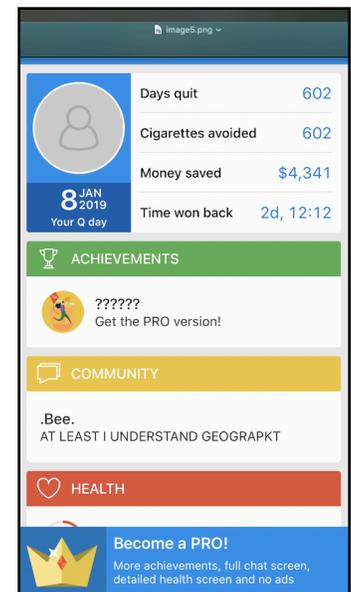


Kwit - FREE w/ premium membership upgrade (<https://kwit.app/en>)

Kwit uses gamification, positive reinforcement and cognitive behavioral therapy to motivate you and encourage smoking cessation. It provides the option of monitoring health benefits, money saved and cigarettes not smoked in real time. Move through the levels, share your progress and "draw" a motivational card when you need extra help to overcome a craving. Kwit Pro can offer additional support for a low monthly cost. Available for iOS and Android.

This basic app can help you track in real time and gives you details about health improvements, plus money and time saved throughout the process. It also creates a support network for chatting on the app and on Facebook, to get tips and support from others going through the same process. Available for iOS and Android.

Quit Now - FREE w/ premium membership upgrade (<https://quitnowapp.com/en>)



Contact your onsite Health Coach for help:

Allison Knight, NBC-HWC, NDTR, CPT
National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer
262.804.1068 • allisonknight@employeehc.com