

FAQ

Who can use Stay Quit Coach 2.0?

- Anyone who uses tobacco (cigarettes, cigars, chewing tobacco, vapes or e-cigarettes) can use Stay Quit Coach 2.0 to help them quit or reduce tobacco use.

Can I use Stay Quit Coach 2.0 if I am not in treatment?

- Yes. The app can be used on its own to locate resources, track your progress, and find tools and strategies to quit or stay quit. It is not meant to replace professional treatment.

Is this different than Stay Quit Coach Legacy?

- Stay Quit Coach 2.0 is a new, separate app from Stay Quit Coach Legacy.
- Both apps aim to help Veterans and others quit using tobacco products or to stay quit.

How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- VA mobile mental health apps are held to strict privacy standards, so no data that could identify you is sent to VA or third parties.
- Any information you choose to enter in the app, such as goals, symptoms, names, phone numbers, addresses, or images, stays on the app and cannot be accessed, stored, or shared by VA. You can also set a pin lock on the app for extra privacy.
- For more information, read the full privacy policy for mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

For more information about other apps from the National Center for PTSD, please visit:

www.ptsd.va.gov/appvid/mobile

Do you have questions about Stay Quit Coach 2.0? We would love to hear from you!

MobileMentalHealth@va.gov

Collaborators for Stay Quit Coach 2.0 include: VA Office of Tobacco & Health, VHA Innovators Network, University of California, San Francisco, and California Tobacco-Related Diseases Research Program.

Additional partners include: VA VISN 21, VA VISN 21 MIRECC, VA VISN 20 MIRECC, and VA VISN 6 MIRECC.



STAY QUIT COACH 2.0

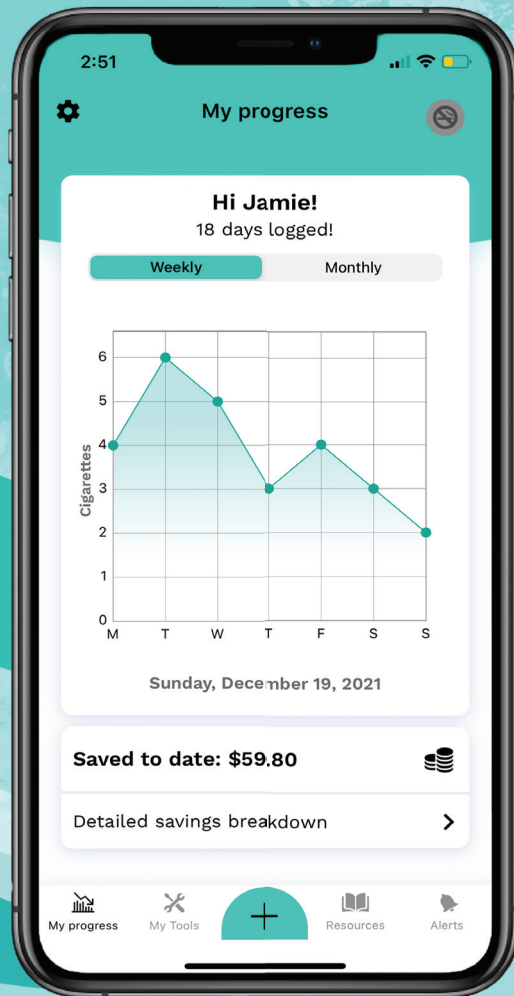
Stay Quit Coach 2.0 is a free, private, and secure mobile app for Veterans and others that are trying to reduce or quit cigarettes, electronic nicotine delivery system devices ("vapes"), cigars, and chewing tobacco.

"This is the only app available that allows people to track progress in quitting multiple tobacco products at once, and includes features that work. Highly recommend."



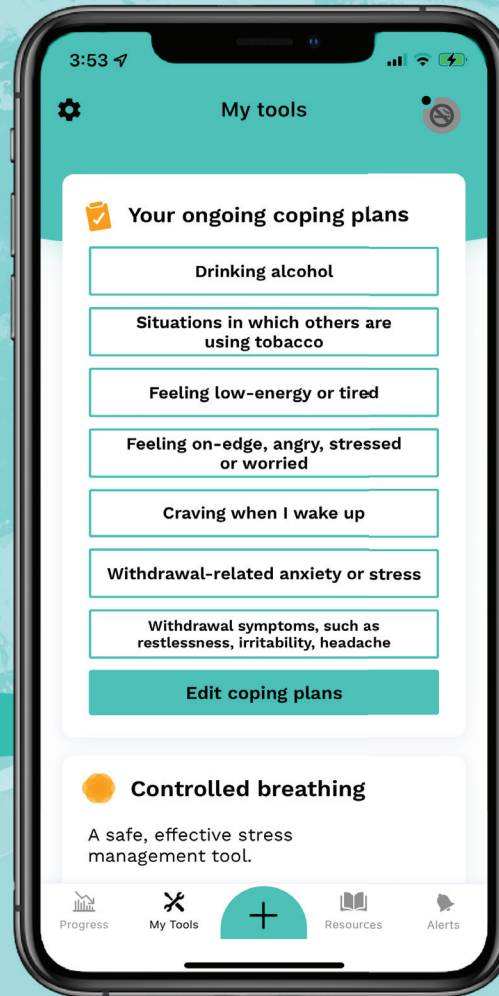
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

TRACK PROGRESS



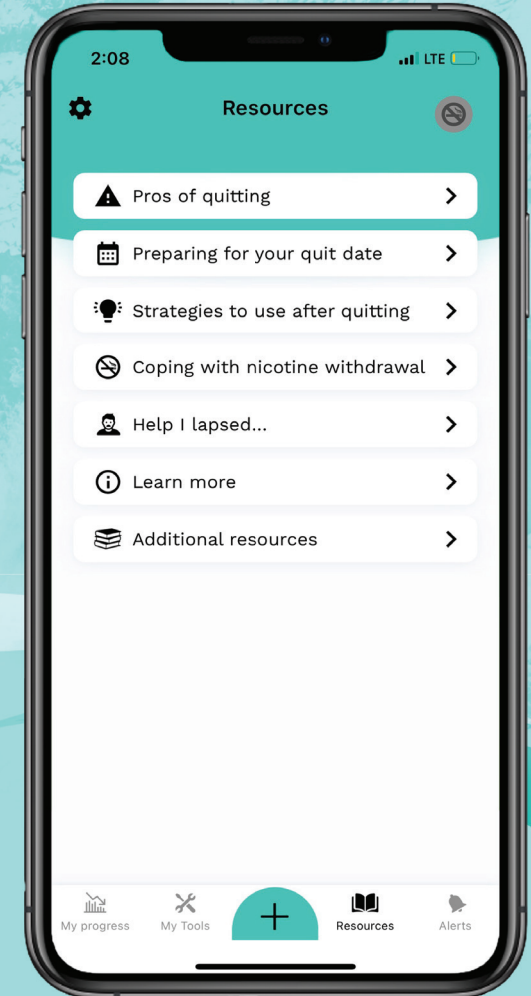
- Set goals and record your reasons for quitting or reducing tobacco use.
- Log your tobacco use in real time and track your progress over time.
- See how much money you've saved throughout your journey to quitting or staying quit.

CREATE A PLAN AND ACCESS COPING TOOLS



- Identify and track your triggers for tobacco use.
- Create a coping plan to help you stay on track towards your goals.
- Learn how to practice controlled breathing as a safe, effective stress management tool.
- Get support via the Veterans Quit Line or Veterans Crisis Line.

LEARN AND FIND RESOURCES



- Learn about the benefits of quitting and how to prepare for quitting.
- Learn new habits and develop strategies for coping with nicotine withdrawal.
- Find help and get back on track if you lapse in your journey to a tobacco-free lifestyle.