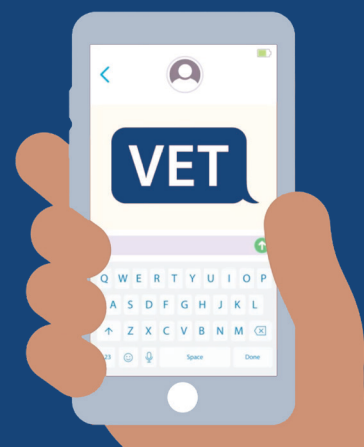


SmokefreeVET Text

How-To Guide

Smokefree.gov/vet



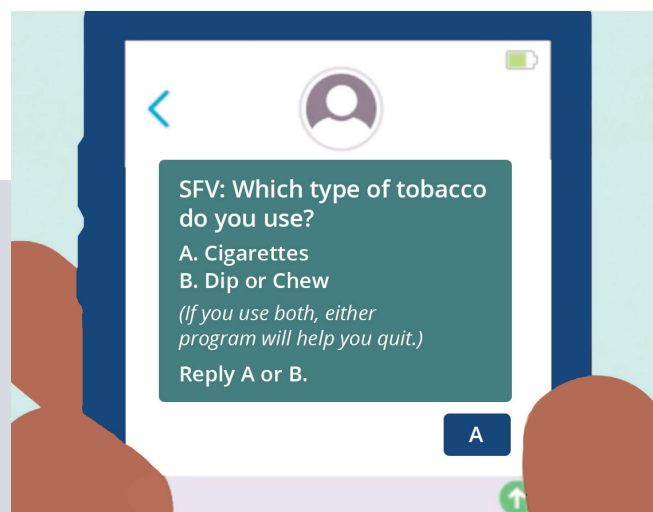
Why use SmokefreeVET Text?

Quitting tobacco is one of the best things you can do for your physical health, emotional well-being, and quality of life. The evidence is clear that text programs can help you quit.

How it works

SmokefreeVET Text is for veterans who are ready to quit tobacco. You will receive 3–5 messages per day with tips, information, and support for 6–8 weeks.

Messages will occasionally ask you to reply using a set of suggested responses indicated by either letters (such as “**Choose A, B, or C**”) or words in all caps (such as “**Text back YES or NO**”). To reply, you must type one of those suggested terms. That way, the program can send you personalized responses to help you quit.*



Ready to try SmokefreeVET Text?

There are two easy ways to sign up.

Sign up using your phone:

- Text **VET** to **47848**.

Sign up online:

- Go to Smokefree.gov/vet and fill out the form to get started.

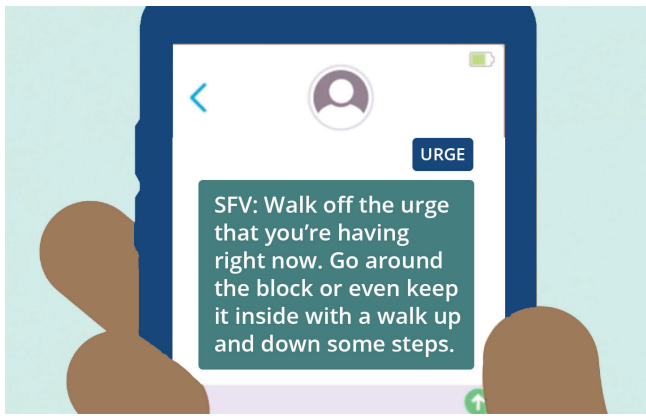
To sign up, we will ask you to answer some questions about:

- The type of tobacco you use
- Common triggers that make you want to use tobacco
- When you plan to quit tobacco

*No one monitors this program; it is entirely automated. Protect your privacy by keeping your phone secure. Anyone with access to your phone can read your text messages. Standard text messaging rates apply.

Prefer to speak with someone? Call the Quitline.

Speak with a Quit VET counselor in English or Spanish, Monday–Friday, between 9 a.m. and 9 p.m. ET.
Dial 1-855-QUIT-VET (1-855-784-8838).



Get on-demand messages using keywords

You can text the following keywords for on-demand supportive responses, even if you are not signed up for the program.

Text keywords to 47848:

- **URGE:** You are having a strong urge to smoke or dip and need a reminder of why you shouldn't.
- **STRESS:** You are having a rough day and need another way to cope besides smoking or dipping.
- **SMOKED:** You slipped up and smoked. Get the extra encouragement to keep going.
- **DIPPED:** You slipped up and dipped. You don't have to start over! Get extra encouragement.
- **CRISIS:** You're having feelings of distress, crisis, or harming yourself or others. This keyword will give you the number to call the Veterans Crisis Line. Call right away.

Pick a new quit date

- Every week we will ask you whether you've smoked in the last seven days. If you reply **YES**, you will get the option to restart the program.
- You can also opt out of the program and then sign up again.

Opt out of the program

- Text **STOP** to **47848**.

Increase the font size on texts

Change the font size on your iPhone, iPad, and iPod touch:

1. Go to Settings > Display & Brightness, then select Text Size.
2. Drag the slider to select the font size you want.

Change the font size on your Android device:

1. Go to Settings > Advanced > Display.
2. Under the Font section, tap Font Size.
3. Select the appropriate radio button to set the desired font size.

Use the audio reader to hear text messages

To enable the reader on your iPhone, iPad, and iPod touch:

1. Go to Settings > General > Accessibility > Speech and toggle the switch on for Speak Screen.
2. With this setting enabled, you can swipe down with two fingers from the top edge of your screen and a voice will begin reading the text on the screen.

To enable the reader on your Android device:

1. Go to Settings > Accessibility, then tap Select to Speak.
2. With this setting enabled, swipe up with two fingers or tap the Accessibility button and a voice will begin reading the text on the screen.

Instructions may vary by device make and model.

BECOME A SMOKEFREE VETERAN

Sign up for SmokefreeVET Text. Text **VET** to **47848** or go to **Smokefree.gov/vet**.