

Ready To Quit Smoking?

You Can Quit Smoking NOW!



The screenshot shows the homepage of smokefree.gov. At the top, it says "smokefree.gov". Below that, there's a navigation bar with "Home", "Quit Now", "Find Your Plan", "Smoke Quit Tools", and "Sign Up". The main heading is "You Can Quit Smoking Now!". There are several sections: "Online Guide to Quitting" with bullet points like "Thinking About Quitting", "Preparing to Quit", "Quitting", and "Staying Quit"; "Talk to an Expert Who Can Help" with options for instant messaging, telephone support, and take-home support; and "Get More Materials to Help You Quit" with links to read, download, print, or order guides and tools. There are also buttons for "Use Your Reward?", "Join the Quit Now!", "See a lot of active smoking cessation tools", "Get Resources", and "View sites and government reports useful for health professionals". At the bottom, there are logos for CDC, American Lung Association, and First Step.

www.smokefree.gov/

www.quitnet.com



The screenshot shows the homepage of quitnet.com. At the top, there's a login section with "username" and "password" fields, a "Forgot Password?" link, and a "Remember me" checkbox. Below that, it says "Quit Smoking Since 19,029 years, \$306,669,215 *". There are several main sections: "DON'T QUIT ALONE" with a quote from a member; "Who's online?" showing 194 people online; "Start Your FREE quit smoking support program now!" with a form to enter a zip code; "Create your own quit smoking plan"; "Get quitting tips and advice from expert counselors"; "Get support from the QuitNet community"; "Learn from our science-based smoking cessation resources"; and "Get help when you need it and have fun!". There's also a "WHAT OUR MEMBERS SAY" section with a testimonial. At the bottom, it says "QuitNet creates tailored smoking cessation & corporate wellness programs for public & private organizations. Learn more".

Freedom From Smoking Online

www.kintera.org/site/apps/kb/home/login.asp



The screenshot shows the homepage of the American Lung Association's Freedom From Smoking Online program. At the top, there's a navigation bar with "MyLUNG USA", "ABOUT", "DONATE", "PROGRAMS & EVENTS", "MEDIA", "ESPANOL", and "SEARCH". Below that, there's a "Quit Smoking" banner. The main heading is "Freedom From Smoking® Online". There's a welcome message: "Welcome to the American Lung Association's free online smoking cessation program! The American Lung Association's popular smoking cessation program has just been revamped and upgraded." There's also a section for "Having trouble accessing Freedom From Smoking Online?" and a "How to get access to the new Freedom From Smoking® Online:" section with bullet points: "You must first have an account with this site. If you do not have one already, please [click here](#) to sign up. It's free.", "Then, while logged in to your account, [click here](#) to register for Freedom From Smoking® Online.", and "When you have an account with the site and have registered for Freedom From Smoking Online®, please use the fields below to log in:". At the bottom, there's a "Login to Freedom From Smoking® Online" button.