Supplementary Materials

If you decided to quit, which message would be <u>MOST helpful</u> and which one would be <u>LEAST</u> <u>helpful</u> for increasing your confidence that you can successfully quit?

	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke	Quitting is Easier When You're Not Alone	Got Cravings?
	Positive support from family, friends and co-workers can help you quit and stay smoke-free. You can ask others to: • Avoid smoking around you • Help you stay positive, especially during 'slip-ups' • Celebrate your successes, big and small • Help you deal with smoking triggers, such as stress	Nicotine Replacement Therapy (NRT) can help you manage your cravings, making your quit attempt easier and increasing your chances of becoming smoke-free. NRT comes as a: Patch Gum Lozenge Inhaler Nasal spray For more information, talk with a pharmacist or doctor.	Positive support from family, friends and co-workers can help you quit and stay smoke-free. You can ask others to: • Avoid smoking around you • Help you stay positive, especially during 'slip-ups' • Celebrate your successes, big and small • Help you deal with smoking triggers, such as stress	Even short sessions of physical activity can help with cravings. Walking, Jogging, cycling, and swimming are some examples of activities that can help you cut down the urge to smoke. As a bonus, physical activity will help you lower stress.
<u>Most</u> helpful	0	0	0	0
<u>Least</u> helpful	0	0	0	0

Thinking about these messages, do you actually think that:

Select one

None would be helpful <u>if you decided to quit</u>

At least one would be helpful <u>if you decided to quit</u>

Figure S1. Example choice set for DCE 2, self-efficacy messages that target general audiences of smokers.

Which message would <u>MOST motivate you</u> and which one would <u>LEAST motivate you to quit smoking</u>?



Thinking about these messages, do you actually think that:

Select one

None would motivate you to quit	
At least one would motivate you to quit	

Figure S2. Example choice set for DCE 3, reproductive health response efficacy messages that target general audiences of smokers.

Table S1. Choice sets and blocks for DCE 1; Response Efficacy.

Block	Set	Option 1	Option 2	Option 3	Option 4
-		Feeling winded? Breathe better.	Invest In Your Health	Lower Your Risk of Diabetes	Feeling winded? Breathe better.
		When you will securing your heart	The average Canadian who smokes usery day will take about 5221 a month or 52505 a rear by austrian		When you mill seculing your heart
		and last health start to improve right ways. Within mainle, your land function and laced circulation improve.	month or \$2000 a peer by sustains anothing. Think of emits plus cased do with the exist money Destress with a vocation Worry loss about money	Outling anothing lowers year risk of developing distance types. It you have distance, but this generaling will led you manage your board sour before you manage you board sour beautiful problems and of developing the problems of the problems.	and last health start to improve rigid way. Within maints, year lang function and bleed circulation ingrove.
1	1	Physical activity eats assist. Yearin serior likely to walk on this conferrably and keeping with your children or grandchildren without being brenthess.	Save for your future	There have never been more ways to quilt The terms of the	Physical activity gets easier, Vicerie more likely to walk on man confertously and keep up with your children or grandchildren enthout being brentlens.
		Enjoy the benefits of boling	How will you reward yourself?	provider for support.	being breathless. Enjoy the benefits of boleg stocks from
		smoke free.	All and	AA)	amoke free.
		Invest In Your Health	Don't Quit Quitting	Feeling winded? Breathe better.	Invest In Your Health
		The average Canadian who smokes every day will cave about 5.201 a month on 5.950 a year by qualiting smoking. Think of entary paid used.	Most people try several times before they quit for good, but the fight is worth it. By quitting yould:	When you quit seroling your heart and last hoofth start to improve right way. With in meths, your land function and blood chestaland	The average Canadian who smokes every day will tax-about 5221 a most lens 57654 a year by quilting smoking. Think of eithat you could
		De-stress with a vacation	Beaths casier Have a stronger heart and lungs Financiae without wheating	Jane function and blood disculption improve. Physical activity gets easier, You're	Destress with a vacation
1	2	Worry lots about money Save for your future How will your reward yourself?	 Save missney Be a healthy role model for children or grandchildren 	respitation of the property good observation for more likely to walk on much comfortably and keep up with your children or grandchildren without being breathless.	Worry loss about money Save for your future How will your reward your well?
		newtard yourself?	You've got what it takes.	Enjoy the benefits of bates and bates and bates	neward yourself?
				Bridge fibe.	
		Don't Quit Quitting	Don't Quit Quitting	Lower Your Risk of Diabetes	Feeling winded? Breathe better.
		Most people try several times before they guit for good, but the light is worth it. By quitting world:	Most people try several times before they quit for good, but the light is worth it. By quitting you'ld:	the state of the format of the state of	When you guit seciling your heart and lass health start to improve right ways. Within meaths, your land function and blood cleadation.
		Becathe caster Hove a stoonger heart and lungs Enertie without wheezing	Becathe casier Howe a stronger heart and lungs Ensetie without wheezing	Country growth by lowery year that we be lost delicated, putting smoking sall help you manage you to lost during levels and lost your part risk of serious branch problems, such as foot engognations or them one.	improve.
1	3	 Save maney Be a healthy role model for children or grandchildren 	 Sever money Be a healthy role model for children or grandchildren 	These have never been more	Physical activity acts oasier. You're some bleefy to walk on our or confectobly and keep up eith your children or granddhildren eithout being brenthes.
		6	You've got what it takes.	seays to quilt. Talk to your health care provider for support.	Enjoy the benefits of bales analysis of bales analysis for a
		You've got what it takes.			
		Feeling winded? Breathe better.	Invest In Your Health	Lower Your Risk of Diabetes	Feeling winded? Breathe better.
		When you quit seroking, your heart and laugh habit start to improve right away. With meants, your lang function and blood circulation improve.	The average Canadien who smokes newly day still new about \$271 a month or \$2565.4 per bit putting smoking. Think of each group could do with the work prompts.	Outting smaking lowers your risk of devoloping allabetes tryes XI. If you have districts, quiting smaking will	When you quit seroking year heart and last health start to improve ight away. Within months, your land function and blood chealthion improve.
4	4	lung function and blood circulation improve. Physical activity gots outlet You've	smoking, Think of einatypu cauld do sith the ectus money • Destines with a vacation • Worry loss about money	Uniting anothing lower year risk of developing distance types. It you have distance, but they would not go the service and bely you manage you boad soor service when the service as when from your boad soor and the service and the service any other force any other force.	
1	4	Physical activity gets easier. Yearing serior likely for walk on run, conferrably and keeping with your children or grandchildren without being breathers.	Save for your future How will you	There have never been more weys to quit. Talk to your health care provides for suppose.	Physical activity acts content fourthermone likely in walk on municipation with a municipation of the confectority and keeping with hyster children or grandchildren without being breathless.
		Enjoy the benefits of bateg	reward yourself!	A S	Enjoy the benefits of balacy anote: frac.
				The state of the s	
		The Benefits of Quitting Keep Growing	The Benefits of Quitting Keep Growing	Feeling winded? Breathe better.	Invest In Your Health
		People who quit have healthler hearts and hungs. They loose their risks of developing many different types of cancer. But, did you know that quitting can who loover your risk for:	People who quit have healthier hearts and lungs. They lose it their risk of developing many different types of cancer. But, did you know the people of the people of t	When you quit smoking your heart and late health start to improve right way. Within meaths, your late darktion and blood also station.	The average Canadian who smokes every day will new about \$521 a most fee \$550.4 year by guilding arroking. Think of eithat you could do will the wester money.
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1	5	Ostooparisili Vireskened immune system	Citaoparodi Wredened immune system	confectably and keep up with your children or grandchildren without being breathless.	Save for your future How will your reveal yourself?
			Enjoy the benefits of a smake-free life.	Enjoy the benefits of bolec smake free.	6
		Enjoy the bonosfits of a smoke-free life.	smake-free life.		
		Lower Your Risk of Diabetes	Feeling winded? Breathe better.	The Benefits of Quitting Keep Growing	Lower Your Risk of Diabetes
		Outting smalling lowers your risk of devoloping disbetos (type 2). If you have disbetos, quitting smalling will bely you managed your bland quart	When you guit smooting, your heart and largh health start to improve right sevey. Within months, your lang function and blood decadation	People who quit have healthier hearts and lungs. They lover their risk of developing many different types of causes. But, did you know	Conting smoking lowers your risk of devoloping diabetes (type 2). If you have diabetes, quitting smoking will below an unance your blood suppression.
2	6	Solitoria de la companya per rata de la sese disciellos que partir que del la sese disciellos que partir que moi la bela pou mendea your blood super berels and lovers your risk of sestians beatif problems, such as feet anyucation or of bilances.	improve.	types of cancer, But, did you know that quiliffing can also lower your risk fee: • Ricemated artists:	bely you manage your blood user levels and lower your risk of serious beath problems, such as feet empurations or blindness.
۷	O	There have never been more ways to quit. Talk to your health care provider for support.	Physical activity gets easier You're store likely to walk on two conferciols and keep up onth your children or grandfuldren ethous being torenthes.	Ostoopansis Weekered immure system (nisy the benefits	There have never been more ways to quit. Talk to your leads to care provider for support.
			Enjoy the benefit of bateg anoke fice.	of a smoke free	support.
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		Feeling winded? Breathe better.	Feeling winded? Breathe better.	Don't Quit Quitting	The Benefits of Quitting Keep Growing
		When you quit seroting, your heart and last health state to improve right way. Within matth, your lang function and blood circulation	When you quit secoling your heart and last health start to improve right away. With meaths, your last function and blood disculation.	Most people by several times barlow they guit for good, but the fight is worth it. By qualiting you'll: • Beathn caster	Feedle who quit have healther hearts and house, they become their risk of developing many different types of cascer, that, did you know that quitting can also lower your rafe fee.
2	7	respective.	improme. Physical activity gets easier. You're more likely to walk on our confortably and keep up with your children or grandfuldion on without printing or grandfuldion entitloat.	 Hove a stronger heart and lungs Essecial attract wheezing Severnoney 	that quitting can also lower your risk for: • Procurated anthets • Octoporeds
_	,	Physical activity gets easier Yearle new blody in walk or may eith year children or gendfulden eith year children or gendfulden eithout bring breathless.	Delity Diestriess	 Be a healthy role model for children or grandchildren You've got what it takes. 	Wheeleased innounce system
		Enjoy the benefits of being smoke free.	Enjoy the benefits of bates small free free.	K	Enjoy the benefits of a smake-free life.
		Invest In Your Health the average Caradian who smokes	Invest In Your Health The average Caraden who smokes	The Benefits of Quitting Keep Growing People who quit have healthier	Lower Your Risk of Diabetes Outting smoking lowers your risk of
		nee beetage carroaden who amones need day will care other \$221 a month or \$2650 a peer by qualiting amoking. Think of what you could do with the write memory	the average cardior who smokes every day will save about \$221 a most lear \$2650 a year by qualiting arroking. Think of what you could do with the water practice.	hearts and lungs. They lover their risk of developing many different types of cancer, list, did you know	Outling smoking lowers year risk of devotaging liditation types (2). If you have dislated, quinting emoking will bely our amende your broad super lovels and lower your risk of vesture beach problems, such as foot
2	8	do not in the enter manage De-stress with a vocation Worry loss about money Save to your frome	the table three entire receivers. • De-stress with a sociation • Worry loss about money • Save for your focuse	that quitting cas also lower your risk for. • Phoematoid attriffs • Catooparists	empositions of efficiency.
_	, ,	How will your reward yourself?	Hou will you reward yourself!	Weekered annuare system	There have never been more ways to quit. Talk to your health care provider for support.
				Enjoy the benefits of a smake-free life.	

2	9	The Benedits of Counting Service Convening French and page 1 the particular feature and hough the page 1 the p	Lower Voire Richt Of Dislocette General product and processor and of destinating sindants prove that of destinating sindants proving and the lower fine-time production of the lower fine-time production of the lower fine of the order production of the lower fine of the order production of the lower fine of the order production of the lower fine of the production of the lower fine of the lower fine of the lower fine of the lower fine of the production of the lower fine of the l	Don't Quit Quitting tone applied to recent these lates to log pilet in quote all these lates to log pilet in quote all these left in works in the piletting pouls. • More a change by that and though • Lessestian all though • Lessestian all these and though • Lessestian all these and though • Lessestian all these and the piletting all	The Brundits of Quitting Keep Growing results after part there hashing to be a set of the particular to be a set of the particular to be a set of the particular to be a set of the discoverage one of offered to the discoverage one of the particular to the set of the set of the particular to the set of the particular to the particular
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4	17	The Benefits of Outling Keep Crowing Projet who go all have healthere risk of levelation are good to be a control of the office	Lower Name Rick Or Daubette Outstag prositing issues your risk of outstag prositing issues your risk of the control of the control of the con	Don't Quit Quitting Next people by several traves that proper to your and traves that the several traves is much to extend to extend to make the several to extend to make the several to extend to the several travel to the several to extend You've got whall it takes.	The Brundles of Quitting Keep Growing People also got the we headshore to the control of the co
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5	23	Invest in Your Health The nerrogs cared on who modes away are with seen and 2011 a seen and 20	Don't Quit Quitting Most people by several livers below they give 10 years to the lead of the several livers below they give 10 years to the lead of the several livers • Broke a court of the several livers • Word a 10 years from that of long • Broke and the several livers • The 10 years of the several livers • The 10 years of the several livers of these are growth of the You've got what it takes.	Feeling winded? Breache better. Wheneves out asserting year heart and learn habits are respected and learn habits are respected in the present of the prese	Invest In Your Health The hornous Caredon who sendes sway day will be sended 12214. The hornous flower 12214 or sended 12214 o
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5	25	Lower Your Risk of Dubbetes Outing you'nd, yoursey you find of developing distance, you fine you have distance, you fine you fine. You have distance, you fine you fine you have distance, you fine you find you have had to	Lower Vesus Risk Obstited and Spatients Outline medical owners you risk of the state of the state of the state of the edition of the state of the state of the edition of the state of the state that you crossey you follow again the risk production of the state the risk production of the state of the state of the state of the state that the state of the state of the state production for the support.	Invest In Your Health The toering Caradin who tonders months 2000, you by goiling months 1000, you by goiling months 1000, you by goiling months 1000, you by goiling months; this of entry count Destroy of the sounders Destroy of the sounders Destroy of the sounders To the by pick hole. How all You How all Yo	Don't Quid Quitting Host sengis by sweet these tips is worth. So grately and tips is worth. So grately avoid - Business easer - Carecia without others - Carecia without o
		Invest In Your Health	Invest in Your Health The serings Canadan who strotes	The Benefits of Quiting Keep Growing Feeds the authors	Nove gut walf taka. Lower Your Ride of Diabetes Datter growth of seem your fat of
6	26	the order of the control of the cont	own glass that taxes about \$232 is send on \$2500, per by qualitys and the per by qualitys do with two exists crossings. The best area of the condition of the condition of the condition is the condition of the condition is the condition of the condition to the condition of the condition to the condition of the condition to the condition of the condition of the condition to the condition of the condition of the condition to the condition of the condit	lours and longer. They force their types of caster this, if only includes they are all caster this, if only includes the spilling can also lower your and the spilling can also lower your and the spilling can also lower your a Percental of a their includes a lower things of the spilling in Whiteless (Included Included Included Included in Spilling Caster (Included Included Included Included Included in Spilling Caster (Included Included Included Included Included Included in Spilling Caster (Included Included Includ	solved applied patients types 27. Tips in home distriction, given the province and home distriction, given the province and the patients of the proper and all of test lates hearth grapheters, such yet force. The patients is provinced to the patients of the Theoretic test and the patients are the patients of the target in the patients beare more ways to again. Did it say you for handle core provided for support.
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6	27	Feeding winded? Breathe butter. Whoryan of all wanning your hard and less had a feed you prove and a less had a feed you prove the season of the less had a feed on the less had less had been become the less had been become the less had been become the less had been been become the less had been been been been been been been bee	Invest In Your Health The neuropic Caredon who smokes every day will asse about 2012 it a every day will asse about 2012 it a every day will asse about 2012 it a every day of the about 100 it a every day of the first type could family the area or every. • Wors' fee about money • Sues to project No.10 Now will paye evented yourself?	Lower Varan Risk of Diabetes Outlete until 10 lower year nit of shortesting statuture year. The diabetesting statuture year. The left year was to be the left year was to be the left year was to be the left year. The left was to left year was to be the symposition of the symposition of the symposition of the year. The has been over bean own ways year profess for largest.	Pecling winded? Breathe better. When you got anouncy your heart will be provided the provided the provided that the pro
6	28	Invest In Your Health The corresponding of the state of the corresponding of the correspondi	Don't Quit Quitting None people's present leves believe the yet, "It is not control by the the yet," It is not control by the works. It is purely yet," • You a strouge from the other yet, • You a strouge from the other • Fancile where the other • Fancile where the other chicker as grand from You've get what It takes.	Feeling winded? Breathe batter there you got terroring you have and large halfs got and you have and large halfs got and you feel got you will be got you feel got you will bloom condition ingrows. Figured selving you got some tools and you will be got you will all bloom or you will be got you there you you'd bloom or whoult for you have for you have for you have got you'd bloom for you have got you g	Invest In Your Health We surregic random who structure covery day will make obtained to 221 a medium to the control of the co
6	29	Lower Year. Rick O Diabetes Obiting producty aware your risk of the control of th	Lower Year Risk of Dabletes Outling anoking oversyour tils of the state of the sta	Invest In Your Health The owings Caradian who stockes were the second of the second or owner works of 2000 years by sutting seconds. This had reading you could seconds. This had reading you could be better the second of the second of better the second of	Don't Quit Quitting Was people by several towas the plant worth. S. An quiting small all plants causes • Board accuses a board and lungs • Board accuses the act and lungs • Source accuses the act and lungs • Source accuses the accusing • Say to health you have all good for critical and accusing • Say to health you have all takes, You've got what it takes,
6	30	Invest in Your Health I've invest Curt down on include one you got all towards out STEE a configuration. The STEE and towards out the steel are configurated as the bar water are configurated as the bar water are configurated as the steel are con	Invest In Your Fleath The energy Cardian with a trooks over you will now the control of the con	The Benefits of Quiming Keep Crowing Frequency and house. They have have been been and house. They house that they have been to be a support of casterie K, 6 of you have been and for they you and also weep your and for the first of the fir	Lower Yours Risk of Diabetes Diaming swelling a menty pair risk of diamongling diasters for you. The pair diamongling diasters for you. The pair help you remove your blooks may risk help you remove your blooks may re- help you for your blooks may re- help you for your blooks and risk help you for your blooks and you you for you you for you you for you
7	31	Feeding winded? Breathe better. When you do all weight your heart and less beath dust to a group require your less that the second winder of the second winder of the second winder beath out of the second winder beath on improve. Physical activity gets counts. Name produce the second winder on the second winder on the second winder on the second winder or grant during out the second winder or grant during winder or frame or feeding market form.	Invest In Your Health The mentage cared must be stocked avony day will see and control 222 is avony day will see and control 222 is stocked to the see and see and see and see and see stocking. The first of an investigation of the see and see and see and see and see and see an investigation of the see and see an	Lower Your Risk of Diabetes Ontifice months; owen your risk of developing diabete type, 20°. The, the property of the control of the control bely so, removed your bloods exper- lessly so, removed your bloods exper- lessly so, removed your bloods exper- ted, and the mony your side of exper- ted, and the control of the control experiments on the three mon. Then have no ever better mon ways to see "I fail a year bradly to we presented for property."	Pocling winded? Breathe better. When you do wearing your heart you less could not could not are supported. If you could not are supported in the could not be the could not b
7	32	Don't Quit Quitting Not people for yoursal tower to be a second to determine a sec	The Bersetis of Quitting Keep Growing Feeder also got 12 as a bashbarr or the first of the first	Invest In Your Health The neeting Caried on who treates menths a 1996, year by goiling menths a 1996, year by goiling products, the hind of early goiling products, the hind of early goiling to the control of the second of * Donates with a needing * to be the products of the the products of the second goiling of record goiling of	Don't Quit Quitting Not people by several towar legic lowerful. So, by quiting several play in lowerful. So, by quiting several Body a mount heat and lange Source mounts heat and lange are mounts in a healthy role model for children as quandations Yea've get what it takes.

		Don't Quit Quitting	The Benefits of Quitting Keep Growing	Invest In Your Health	Don't Quit Quitting
		Most people by several times before they guit for good, but the fight is worth it. By quitting you'll:	People who quit have healthier haurts and longs. They force their risk of developing many different types of cancer, illet, did you know.	The average Canadian who smokes nearly day will take about 5214 month or 52550 a pear by quitting anothing. Think of what you could	Most people by several times before they quit for good, but the fight is worth it. By quitting you'll:
		Beathe caster Hove a stronger heart and lungs	types of cancer. But, did you know that quitting can also lower your risk for:	smoking. Think of what you could do with the extra money • De-stress with a vacation	Beeafine assign How a stronger loss tund lungs Exercise without wheezing
7	33	Energie without wheezing Save money Be a healthy role model for	 Rhoumatoid arithetis Ostaopanisis 	Worry loss about money Save for your future	Sove maney See a healthy role model for children or grandchildren
-		children er grandchildren You've got what it takes.	Weekened innounce system	How will you	CHICLES IN GRANDING
		30	Enjoy the benefits of a	reward your self?	<u> </u>
		X	benefits of a smoke-free life.		37
		The Benefits of	The Benefits of		You've got what it takes.
		Quitting Keep Growing	Quitting Keep Growing	Feeling winded? Breathe better.	Invest In Your Health
		People who guith tree healthfur hearts and hough. They becene their risk of developing many different types of cancer. But, of dyou know that guilding is one who hower your	People who guit have healthier hearts and lungs. They loose their risk of developing many different types of casesr, illut, did you know	When you quit smoking your heart and last of health start to improve right ways. White months your	The average Canadian who smokes avery day will care about \$221 a month on \$3650 a gover by qualifying smoking, think of ehatyou could
			that quitting can also lower your risk for:	lang function and blood discalation trajectors.	smoking. Think of what you could do with the extra mosepo- • Destress with a vection
7	34	Rhosmatoid arthétis Cistacpanissis	Phosmatoid arthitis Cistoopareds Weekened immune system	Physical activity gets easier, vicure more likely to walk on any comfortably and keep up with your	Worry loss about money Save for your future
		 Weekened innume system Enjoy the benefits of a smoke-free ife. 	Enjoy the benefits	confectably and keep up with your children or grandchildren without being breathless.	Host will you reward yourself?
		life.	of a smoke free	Enjoy the becoming of belief annoke from	
			A		
		Lower Your Risk of Diabetes	Feeling winded? Breathe better.	The Benefits of	Lower Your Risk of Diabetes
				Quitting Keep Growing	
		developing diabetes (type 2). If you have discheles, quilting smoking will hele you manners your blood user.	When you quit sensiting your heart and last health start to improve right way. Within martins, your land for further your land function and blood circulation.	Records who qualifiare in healthing based is and long. They focuse their risk of developing many different types of cancer. Life, did you know that quilting can who lower your risk for:	developing diabetes rayer 25. If you have diabetes, quitting smoking will be to see amonge your binder durant
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7	35	These have never been more ways	Physical activity gots easier. You're more likely to walk or nun comfortably and keep up with your children or grandchildren without	Ostoopenski Viredeard innaane system	There have never been more ways to quit. Talk to your health care
		ta quit. Talk to your health care provider for support.	being breathless. Enjoy the benefits	Ne.A	provider for support.
		•	of boling smoke free.	Enjoy the benefits of a	
				SITURE INC.	
		Don't Quit Quitting	Don't Quit Quitting	Lower Your Risk of Diabetes	Feeling winded?
					Breathe better. When you quit seroing, your heart
		Most people by several times before they quit for good, but the fight is worth it. By quitting you'll: • Beothe coaler	Most people by several times before they gulf for good, but the light is worth it. By quitting youth: • Beethe easier	Counting creative, placement year and of developing significant type 25. If you, have disbellers, splitting providing will be let you creations your blood or user loved a and lower your risk of various herein produced, and have been a benth problement, such as foot better produced.	When you quit seroiting, your heart and last health state to improve right way. Within months, your lang function and alload circulation
0	26	 Hove a stronger heart and lungs Ensetise without wheezing Save money 	Hove a stronger heart and lungs Energies without wheezing Seve maney	levels and lower point risk of serious health problems, such as foot amputations or bitadness.	Physical activity gots easier. You're
8	36	 Be a healthy role model for children or grandchildren 	 Be a healthy role model for children or grandchildren 	There have never been more ways to quit. Talk to your health care provider for support.	more likely to walk on run comfortably and keep up with your children or grandchildren without being breathless.
		You've got what it takes.	2	6 9	Finjoy the benefits of balts of stakes for.
		12	7 ?		smake free.
			You've got what it takes.		'π'π'
		Feeling winded? Breathe better.	Feeling winded? Breathe better.	Don't Quit Quitting	The Benefits of Quitting Keep Growing
		When you quilt smoking, your heart and long health start to improve	When you quit smoking your heart and lang health start to improve	Most people try several times before they quit for good, but the fight is worth it. By quitting you'll:	People who guit have healthier hearts and lungs. They lower their risk of developing many different
		right away. Within meeths, your lang function and blood decalation improve.	right away. Within months, your lang function and blood disculation improve.	 Breathe easier Have a stronger heart and lungs 	types of canoning their distributes types of canoning that, did you know that quitting can who lower your risk for:
8	37	Physical activity gets easier, hourse more likely to walk on nurs	Physical activity gets easier, You're more likely to walk on run	Exective selfmont whereating Seve money Be a healthy role model for	Finosmatoid arthetis Cstaoparesis
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		H. C.			Enjoy the bonnelits of a smoke-free life.
-		The Benefits of	Lower Your Risk		The Benefits of
		Quitting Keep Growing	Lower Your Risk of Diabetes	Don't Quit Quitting	Quitting Keep Growing
		People who quit have healthier hearts and lungs. They forest their risk of developing many different.	Quitting smaking lowers your risk of devoloping districtor (type 2). If you have districts, quitting working will	Most people by several times before they quit for good, but the light is worth it. By quilting yoult:	People who quit have healthler tearts and brings. They bower their risk of developing many different
_		People who guit have healthier hearts and lungs. They force that risk of developing many different types of cancer, But, did you know that quitting can also lower your risk for:	Outliting smalling owers you risk of developing situation types 2. If you have disables, letting smalling will be also wil	Beathe caster Have a stronger heart and Jungs Energies without wheezing	Proofs the qualities have healther heart and house, they become held risk of deventoring many different types of classes; that, did you know that quilting case also lower your rafe for.
8	38	Ricomatoi d'arthétis Ostaopansis Vireikes ed innuanc system	emputations or bitternous. There have never been some ways, to quit. Talk to your health care presiden for support.	Seve money Be a healthy role model for	Pincurratoi d'arthitis Ostooparesis Wreskered immune system
		Na.A	provider for support.	children er grædehleren	Enjoy the benefits of a smoke free
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		PRINTER INC.	a feet of	You've got what it takes.	
-		Don't Quit Quitting	Don't Quit Quitting	Lower Your Risk of Diabetes	Feeling winded?
		Most people by several times before they quit for group, but the light is worth it. By quilling yould: • Beathe caster	Most people by several times before they quit for good, but the fight's worth in. By quitting youlf! • Ocealine orsier	Quitting smoking lowers your risk of developing distribute rype 2). If you have distribute, quit ling smoking will help you manage your blood segar.	When you quit seroiting, your heart and last health state to improve right way. Within manths, your lang function and alload circulation
O	20	 Hove a stronger heart and lungs Enercise without wheezing Save maney 	How a stronger hour and longs Exercise without wheezing Sevenance; Read healths mis model for	health problems, such as foot amountations or blindness.	Physical activity gets easier. You're
8	39	Be a healthy role model for children or grandchildren	Be a healthy role model for children or grandchildren	There have never been more ways to quit. Talk to your health care provider for support.	more likely to walk on run comfortably and keep up with your children or grandchildren without being breathless.
			<u> </u>	6	Engloy the benefits of bales stacks for.
			M	A STATE OF THE STA	or being smoke free.
		You've got what it takes.	You've got what it takes.		
		Don't Quit Quitting	The Benefits of Quitting Keep Growing	Invest In Your Health	Don't Quit Quitting
		Most people by several times before they quit for good, but the light is worth it. By quilting you'll:	People who quit have healthier hearts and lungs. They lover their risk of developing many different	The average Carardien who smokes avery day will save about \$201 a month or \$2650 a year by quilting	Most people by several times before they guit for good, but the fight is worth it. By quilting youth:
		Breathe easier Have a stronger heart and lunes	types of cancer. But, did you know that guitting can also lower your	smoking. Think of what you could	fight is wenth it. By quilting youll: • Breaths assier • Hove a stooger heart and lungs
8	40	Exact is without wheating Save money We a healthy role model for	Rhosmatoid arthitis Ostooparistis	De-stress with a vecation Worry loss about money Save for your follows	 Exercise without wheezing Save raspey
O	10	 iie a healthy role model for children er grandchildren 	Wreakened immune system Enjoy the benefits of a smoke-free		 tile a healthy role model for children or grandchildren You've got what it takes.
			of a smoke-free	How will you reward yourself?	rouve got what it takes.
					X
		You've got what it takes.			

		Lower Your Risk of Diabetes	Lower Your Risk of Diabetes	Invest In Your Health	Don't Quit Quitting
		Outstang smoking lowers your risk of developing statester types 2; if you have diseases, entiting smoking will help you manage, your blood super levels and lower your side of serious health problems, such as foce any analysis or likelings.	Qualities provides a lowest year rath of developing listables region 2.5 if yea, have discholers, quilt ling providing will be bely our manners year brised wayer lowers and lowest year in lot of various best by proteiners, such as feet.	The average Carrelon who smokes average day will laive about \$221 a most to a 2850 a year by quitting smoking. Think of each goal could do with five exits most pure.	Most people try several times before they quit for good, but the fight is worth it. By quitting youth: • Beath caster
9	41			Dentress with a variation Worry less about money	Hove a stronger heart and lungs Ensetise without wheezing Save resons
9	41	There have never been more ways to quit. Talk to your health care prostder for support.	There have never been more ways to quit. Talk to your health care provider for support.	Eave for your fluture Hore will you reward yourself?	Be a healthy role model for children or grandchildren You've got what it takes.
		A			30
		Invest in Your Health	Don't Quit Quitting	Feeling winded? Breathe better.	Invest in Your Health
		The average Canadian who smokes every day will cave about 5201 a month on 53650 a year by quitting smoking. Think of entaty ou could	Most people by several times before they quit for good, but the fight is worth it. By quitting yould: • Useaffy coster	When you quit senoking your heart and last health start to improve right wear. Within mentls, your land function and blood cite shallon	The average Canadian who smokes away day will cave about 5221 a month or 52650 a given by quitting smoking. Think of what you could
9	42	do with the entra maney Destinas with a vocation Worry loss about money Save for your forture	Oracle case Orac	improve. Physical activity gets easier, You've more likely to walk or num	do with the entra manage • Destress with a vertical • Worry loss about money • Save for your focuse
,	12	How will your revised yourself?	children ar grandchildren	more Bedy for walk or our confertably and keep up with your children or grandchildren without being breathless.	Hour will you reward yourself?
				Enjoy the benefits of bolts; unake free.	
			You've got what it takes.	ππ	
		The Benefits of Quitting Keep Growing Proofe who mult have bealthier	The Benefits of Quitting Keep Growing	Feeling winded? Breathe better.	Invest In Your Health
		People who quit have healther hearts and longs. They loove their risks of developing many different types of cancer, Rut, did you know that quitting can also lower your risk fee.	Proofs who gust how househow househ and beings. They however think risk of developing name; offferend types of celebra, the d, ed by will know that quilting can also howev groun rate fore.	When you guilt smoking, your heart and last health start to improve right wavy. Within markink, your land function and blood circulation interven.	The metage Cariadian who antoles every day nell search at 221 a month or 2000 a year by autiting another to 2000 a year by autiting anothing. Think of what you cauld do with the exist moves,
9	43	Ostooperosis	Cstaoparosis	Physical activity gets easier You're soon likely to walk on our conferctoby and keep up with your children or grandchildren without	De-stress with a vecation Worry loss about money Save for your future
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		ITo.	Enjoy the	of belog smoke free.	W at a
		Feeling winded?	benefits of a smoke-free life. Feeling winded?		The Benefits of
		Breathe better.	Breathe better.	Don't Quit Quitting Most people by several times before they quit for great, but the fight is weren't. By questing yealth	Quitting Keep Growing
		When you quit seroking, your heart and lasty hearth start to improve night away. Within menths, your lang function and allocol circulation improve.	When you quit sensiting, your heart and lasty health start to improve rigid wavey. Within mastills, your lang function and blood circulation improve.	Dreathe easier Have a stronger hourt and lungs	Propie often guit flavor healtheir hearts and hauge, They flower make risk of developing unear different types of classes, thet, and you know that quitting can also lower your rath for:
9	44	Physical activity gets easier. You're more likely to walk or run comfortably and keep up with your	Physical activity gets easier. You're more likely to walk on nun comfortably and keep up with your	Exercise without wheezing Sove manage Be at healthy role model for children or grandchildren	risk for: • Phosmatoid arthifts • Ostooperosis • Wredered immune system
		children or grandchildren without being breathless. Enjoy the benefits of being	children or grandchildren eithout being breathless. Feijny the bestefits et battsg	Ã	Enjoy the benefits of a smoke free
		of balling smake from	of belong smoke free.	*	
		Purch Order Ordering	Park Orde Order	You've got what it takes. Lower You'r Risk of Diabetes	Feeling winded?
		Don't Quit Quitting Most people by several times before they quit for gone, but the fight is worth. by quitting yoult	Don't Quit Quitting Most people try several times before they ould far good but the	Challiting street in a inverse your risk of	Breathe better. When you quit seroiting your heart and last heath start to improve
		fight is worth it. By quitting youll: Oceans consign hour and longs Have a shooger hour and longs Oceans with the state of the state	before they quit for good, but the fight is worth it. By quitting yould: • Broaths caster • Have a stronger heart and lungs	developing slabetes (type 2). If you have fillebetes, quit ling smoking will bely you manage your bird out soon levels and linear your risk of website beathy problems, such as foot.	right away. Within months, your lang function and blood circulation improve.
9	45	Unsettle cases: How a stronger board and lungs Execute stronger board and lungs Sover money Sover money The a healthy row emodel for children or grandchildren	Exact is nithout where leg Save manage Be a healthy role model for children or grandchildren	emputations or blindness. There have never been more ways to quit. Talk to your health care	Physical activity pests cause: You're more likely to walk on our confortably and keep up with your children or grandfulfactor without being brenities.
		<u> </u>	4	provider for support.	being breathless. Enjoy the benefits of balag
		You've got what it takes.	You've got what it takes.		anoke frae.
		Invest in Your Health	Invest In Your Health	The Benefits of Quitting Keep Growing	Lower Your Risk of Diabetes
		The average Canadien who smokes weary day will cave about \$221 a mouth or \$2650 a year by quitting	The average Canadien who smokes newly day will save about \$271 a month or \$2860 a year by quitting smoking. Think of early reproduced do with the wider money.	People who guit have healthier hearts and lungs. They loves their risk of developing many different	Quitting smaking lowers your risk of developing diabetes tryps 2). If you have diabetes, quitting smoking will
10	4.6	way day self use about \$221.5 most to 32542 year by qualitay smoking. Think of what you crufd do nelf the west a consep • Denties with a vocation • Wony less about money	smoking. Think of what you could do with the exits manage. • Destinate with a constant • Worry loss about money	Feople who guit have healther hauts and bongs. They borne thair risk of developing many different specs of cancer. Not, and you know that spilling is also have your risk fee: • Plearmated admits.	Swifter small, hig owers your risk on developing the control of the control of the control of developing the control of the control of the control of bell your manager your bind of writing leafs and slowery your risk of writing beath problems, such as feet engousteer or othercost.
10	46	Save for your future	Eave for your future How will your	Ostooparois Weekesed immune system	There have never been more ways to quit. Talk to your health care provider for support.
		How will you reward yourself?	reveard yourself?		
				Enjoy the benefits of a smake-free life.	
		Feeling winded? Breathe better.	Feeling winded? Breathe better.	Don't Quit Quitting	The Benefits of Quitting Keep Growing
		When you quit smoking, your heart and lass health start to improve right away. Within mouths, your lang function and blood circulation.	When you quit secoling, your heart and lasty health start to improve right way. Within markles, your lang function and blood circulation.	Most people by several times before they guit for good, but the fight is worth. By qualting yould: • Beache casier	People who quit have healthier hearts and fungs. They favour their risk of developing numery different types of cancer, But, did you know
10	47	Physical activity gets easier. You're more likely to welk or non	Physical activity gets easies. You're more likely to walk on non	Hove a stronger heart and lungs Enertia without wheezing Save maney	risk for: • Recurrate of arthetic
10	47	confortably and keep up with your children or grandchildren without being breathless.	comfortably and keep up with your children or grandchildren without bring breathless.	Be a healthy role model for children or grandchildren	Cotroppensis Trajestered immune system Enjoy the benefits of a model free
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			TT	You've got what it takes.	
		Lower Your Risk of Diabetes Suiting smoking lower your risk of	Feeling winded? Breathe better. When you quit snooting, your heart	The Benefits of Quitting Keep Growing People who quit have healthier	Lower Your Risk of Diabetes Suiting snoking lowers your risk of
		Southing strates they govern your rate of developing diabetes type 2. If you have diabetes, quid ting straining will help you managa your bia of surger levels and lover your risk of sectors	and late health start to improve right away. Within months, your lang function and blood circulation improve.	hearts and lungs. They forcer their risk of developing many different types of cancer, flut, did you know that nutition can also lower must	devoloping diabetes rygor 2). If you have diabetes, quid ing seroking will help you manage your blood sugar books and lower your risk of serious
10	48	health problems, such as foot amputations or blindness. There have never been more ways	Aburical activity extraories Verter	risk for. • Rhosmatoid arthetis • Cataoparadii	health problems, such as foot emputations or blindness.
		to quit. Talk to your health care prosider for support.	more bledy to seld on man confercibly and keep up with year children or grandchildren without being breathless. Fince the breafit	Weekened innuine system	There have mean been more ways to can't falk to you beath; care presiden for support.
		The state of the s	Enjoy the benefits of being smoke from	Enjoy the	**
				becautits of a smile-free life.	

		The Benefits of Quitting Keep Growing	The Benefits of Quitting Keep Growing	Feeling winded? Breathe better.	Invest In Your Health
10	49	Feeder she by a three healther heart and hosp. They become that the distribution property collection that of the characteristic property col- tates printing as and not been great risk fee. • Normalized or briller • Origination • Whether are for hard a System (app the Sweeting) of the Sweeting of the Sweeting of the Sweeting of the Sweeting	Freque do the gas those healthing bears and bagge. They beare that the discharge and bagge that the second that of shorted parties are self- ated to the second parties and the second parties are advantaged parties in the second discharge in the second discharge in the second discharge in the second parties of the second parties that the second parties of a market free.	Money on a city and water of your heart and last plotted that are to proper eight andy. You'll a results, your to result and you'll a results, you'll be recommended from containing eight and the recommended of the recommended eight and the recommended of the recommended eight you and one of the recommended belonging to the recommended of the recommended to recommended on the recommended of the recommended to recommended on the recommended of the recommended to recommended on the recommended of the recommended of the recommended for the recommended of the rec	We beering Careful who to enclaim every sign will take a few years with the control 221 at a control 221 at
		The Benefits of Quitting Keep Crowing Project who author be tablest	Lower Your Risk of Diabetes	Don't Quit Quitting	The Benefits of Quiting Keep Growing Proces who and those bother
10	50	heart as and large. They forces their risk of developing many offerent types of developing many offerent types of cases. But of def you branch types of cases. But of def you branch the desired of the d	developing distance types 2; If you have distance, and improved your distance, and improved your broad query and help you remove your broad query and help you remove you have done you have been problemated and you have done ampostution or titlenerous. There have never been more ways to apply. If it is your broad never provides for support.	before they age the organic, but the fight is event it. It, fight they pay if: • Breaths causer • Brous a stronger heart and lungs • Traction administ alreading • Breaths and the organic and the organic • Breaths and the organic and the organic • Breaths and the organic and the o	hearts and beings. They forcer their risk of distribution many officered types of cases, the died you know the control of the control of the risk force. • Recursate a strikes • Cottoposadia • Virolenced immune system
		et a snoke-free life.		You've got what it takes.	Enjoy the benefits of a smake-free life.

Table S2. Choice sets and blocks for DCE 2; Self-Efficacy.

Block	Set	Option 1	Option 2	Option 3	Option 4
		Feeling Stressed?	Got Cravings?	What's Your Quit Plan?	Feeling Stressed?
		Many people smake to cope with stress the properties only rations.	Even short sessions of physical activity can help with cravings.	Everyone than their rown path to guideling. With the marry systic exist, find one that words for your	Many people smake to cope with stress the properties only rations
		Instead of lighting up, how about trying to:	Welking, jogging, cycling, and swimming are some examples of activities that can hals you cut	 i zec telephone counselling: 1-877-396-3667 	Instead of lighting up, how about in trying to:
1	1	 Practice deep breathing Go for a short walk, exercise or 	down the urge to surcke. As a borrus obseical	 Online support gesmileter-grouped Advice from others who have get Nicoline policies, locenges, inhales or gens 	Practice deep breathing Ga for a short walk, exercise or
-	-	66 yaqa • Read or play a gime on your phono • Talk things over w/h	oct hity will help you lower stress.	inhalier or grans Tableig with a health years provides Tableig with a health years provides Sufficient bestin to beauthouse Support groups	do yaqa • Read or play a game on your phone • Talk things over with freeds, family or
		friends, family or co-contrars • Relax in a trath	1	Support groups Cald taskey Nedication	friends, family or co-mortions • Retax in a trath
			$\mathbf{\Lambda}$		
		Quitting is Easier When You're Not Alone	Quitting is Easier When You're Not Alone	What's Your Quit Plan?	Feeling Stressed?
		Positive support from family, friends and co-voriums can halp you quit- and stay smoke-free.	Positive support from family, friends and co-workers can netp you quilt and stay smoke-free.	(seryone has their own path to quitting. With so many weys to out; find one that works for you.	Many people smake to cope with stress. But digerettes only satisfy your addiction, not your real stress.
		You can ask others to: • Avoid smoking around you	You can ask others to: • Anold smoking pround you	Fire telephone crunselling: 1-877-300-1667 Online surp companisheten-g-cacquit	histead of lighting up, how about trying to:
1	2	 Help you stay positive, especially during slip-upo! Calentate your successes, big and 	Help you stay positive, especially dering stip-upo! Catebrate your secresses, big and	action or grant in the side of the controlling in the controlling of the controlling o	Practice deep breathing Go for a short walk, exercise or do yaga Read or play a game on your
		stell liebyou derliwth smoking triggers, such as stress	small High you deal with smoking triggers, such as stress	Self-fracks brooks till brooksers Sepport annuas Cold turkup (Option by (Op	phone Talk things over with frends, family or
		(a) (a)	U 00	• Separationups • Cada takey • Nedicators • Wednesday • Out 7	e Relax in a trath
			* X	GUIT	
		Beat the Urge to Smoke **Booking Replacement Therapy (NRT):	Beat the Urge to Smoke	Feeling Stressed?	Got Cravings? Leen short sessions of physical
		can help our manage open contings, can help our manage open contings, making your qualit others; tesser and formating your chances of becoming smake free.	Nockine Replacement Therapy (NRT) can high you manage your coverings, making you can at selecting sear and transiting your characts of becoming parties free.	Many people smale to cope with stress. Suit cignrettes only satisfy your addiction, not your real stress.	activity can help with cravings. Whiting, jogging, spring, and swimming are come examples of
1	2	becoming smoke free. NRT comes as a: Patch	becoming smoke-free. NRT comes as a: • Patch	Instead of lighting up, how about trying to: • Parcitics deep breathing • Gallon a short walk, exercise or	ectivities that can help you cut down the unge to sancke.
1	3	MRT cornes es ac Patrix Corn Uncernge Frinder Nasad spring	MIII comes ss.ac. Pated Oans Lecency Inhaler Nasia Spray	do yaga • Read or play a game on your	As a bernus, polysical act halty salithwise you lower stress.
		Nasal spray For more information, talk with a pharmatist	For more information, talkwish a pharmadist	phone * Tall things over with friends, family or co-moisses * Helse is a both	
		or coctor.	OF COCTOS.	- MINA II - MINI	
		What's Your Quit Plan?	What's Your Quit Plan?	Got Cravings?	Quitting is Easier When You're Not Alone
		Compone has their own path to quitting. Will so many visyotic east, find one that works for goes	Everyone has their core path to quitting. With so many ways to quit, find one that works for print	Come about executors of observed	Positive support from formity, frends and no workers can make you quitt and strong market from the position of the position from the french fr
		 Free telephone counselling: 	vocis frymu • Free telephone counceling: 1477-316-3167	schilty can help with cravings. Walking, jogging, cycling, wed swimming are some examples of	War and the beautiful and the second
1	4	1 diff 2 disched 5 diff 2 disched 4 disched 5	 Celine support gasmaletre gc.calput Advice from others who have guit Natione patches, lessages 	activities that can halp you cut down the unge to smoke. As a bonus, physical	Sounds armolating a count you Holes you stay positive, especially during tile-mpd Catherate your successes, big and
1	T	Taking at hos to trace provider Self-bala books til brotheres Self-bala books til brotheres Sepport groups	work for ground and an experience of the control of	as a bernas, physical activity will have be activity will have be you you lower stress.	categories your successors, may avail train your deal with smoking triggers, such as stress
		Support groups Culti turkey Medication	Cold turkey Medication		(1000
				33	* X
		Got Cravings?	Quitting is Easier When You're Not Alone	Feeling Stressed?	Got Cravings?
		Even short ressions of physical activity can help with cravings.	Positive support from family, friends and co-workers can help you quitt and stay smoke-free.	Many people smoke to cope with stress. But digatetted only satisfy your addiction, not your real stress.	Liven short sessions of physical activity can help with cravings.
		Waiting, jogging, ray ling, ward swimming are come exemples of activities that can help you cut down the ways to works.	You can ask others to:	Instead of lighting up, how about it trying to:	Welking, pogging, typ ing, and swimming are to me essemples of activities that can help you cut down the upperts market.
1	5	As a horsus, physical activity will help	Avoid smoking around you Help you stay positive, especially dering slip-up? Catenate your successes, big and small	Parctice deep breathing Ga for a siret walk, exercise or do yaga Read or play a game on your	As a borrus, physical activity will happy
		you lower stress.	small you deal with smoking triggers, such as stress	plhotte Talk things over with friends, family or	you lower stress.
			(a) (a)	Retex in a trath	
				2	
		Got Cravings?	Got Cravings?	Beat the Urge to Smoke	What's Your Quit Plan?
		Even short sessions of physical activity can help with cravings. Walking, jogging, cycling, and	Even short sessions of physical activity can help with cravings. Walking, jogging, cycling, well	Nicotine Replacement Therapy (NRT) can high you arrange your coverings, areaing you can at adventure least and licensifies your chincks of becoming with of these becoming with of these.	Integrate has their own pash to quitting. Will so many weight o self, find one that works for your # time belonkone many ellinor:
2	(swimming are torne essentiles of activities that can help you cut down the unge to sincke.	secretaring are torne examples of activities that can eath you cut down the unge to stocke.		1-977-986-3667 Online on pp on: gesenkeldeng.co/quid Addito from other who have quit
2	6	As a benus, physical activity will help you lower stress.	As a benue, physical activity will help you lower stress.	net comes es a: Patric Gurs Lessenge Initialist Nasial Spray	refusive or gazens Taking with a health rane provider Caking with a health rane provider Cat's hald begins it beauthures
		4		Nuscal spray For more information, talk with a pharmadist m doctor.	Semployee has the same part has to prefer the part of the control
				The same of the sa	
		Feeling Stressed?	Got Cravings?	What's Your Quit Plan?	Feeling Stressed?
		Many people swelle to cope with stress our operation only satisfy your addition, not your posts stress.	Even short sessions of physical activity can help with cravings.	Everyone has their rown justs to guitting. With so many ways to eath, find one that words for your	Many people smake to cope with stress. But disprettes only satisfy your addiction, not your real stress.
		Instead of lighting up, how about trying to:	Walking Jogging, cycling, and security are come examples of activities that can sale you cut	 i zec telephone counselling: 1-877-396-3667 	Instead of lighting up, how about trying to:
2	7	Positive deep breathing Go for a short walk, exercise or do yaga Read or play a game on your	doon the unge to smoke. As a horses, polysical	 Online support gesmiledee.gc.ca/quit Addition from other such state quit Nations patrices, largeges, inhales or gam 	Practice deep breathing do for a short walk, esercise or do yough Read or play a game on your
		Head or play a game on your phone Talk things over with freeds, family or	activity still neip you lower stress.	influite or guess • Tabling with a hose this new provider • self-host bases in brushaves • deport groups • Geld tacks	Talk things over with friends, family or co-workers
		e Relax in a trath	7	Cald trakey Nedicotton	Relax in a bath
		MILE			
		What's Your Quit Plan?	What's Your Quit Plan?	Got Cravings?	Quitting is Easier When You're Not Alone
		(veryone has their own park to quitting, With so many weys to exit, find one that works for place	(seegone has their own path to guitting. With so many wegs to out; find one that width for your	Even short sessions of physical activity can help with cravings. Walting, jogging, cyrling, and	Positive support from family, friends and co-workers can halp you quilt and stay smoke-free.
_	6	Terr cresponer oranselling: 1-877-000-1667 Other organi gesmikelne-gundyelf Adute from other who have quit.	The response or unselling: 1-877-006-0667 Ordine or promises each paragraph Advice from others who have quit.	Waiting jogging, tyring, and semming are some examples of activities that can had you cut door the uppe to seake.	You can ask others to: • Avoid smoking around you • Help you the positive, expectably
2	8	and the forgotte. I me belieghouse controlling: 1.477-2006-1607 A Chiles on group consistence as a cariginal Chiles on group consistence as a cariginal A Chiles on group consistence as a cariginal A Chiles on group I have groun to have been group of a I have grown to have been grouped or I have grown to have been grouped or I have grown to have been grouped or I have grown to have	a in an independent controlling and the controlling and an independent an independent and an independent and an independent an independent an independent and an independent and an independent an independent an independent an independent and an independent and an independent	As a horrus, physical activity will have	dening slav-upp: Celebratin your successes, big and small small linky you deal with smaking initigens, such, as steess
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		Got Cravings?	Quitting is Easier When You're Not Alone	Feeling Stressed?	Got Cravings?
		Even short sessions of physical activity can help with cravings.	Positive support from family, friends and co-workers can halp you quitt and stay smoke-free.	Many people smeke to cope with stress. But digerettes only satisfy your addiction, not your real stress.	Even short sessions of physical activity can help with crovings.
		Wilking, logging, cycling, and swimming are some assimples of activities that can help you cut	and stay smoke-free. You can ask others to:	Instead of lighting up, how about	Walking, logging, cycling, and sermating are come examples of activities that can help you cut
2	0	down the unge to smoke.	 Availd smoking around you Help you stay positive, especially during sile-upsi 	trying for • Practice deep breathing • Go for a short walk, exercise or	down the unge to smoke.
2	9	As a honus, physical ectivity self-hep	 Celebrate your successes, big and 	Read or play a game on your	As a bonus, physical activity will herp
		you lower stress.	 Help you deal with smoking triggers, such as stress 	phone Talk things over with friends, family or co-sporters	you lower stress.
		- A		Relax in a trath	
		3 9			
		Feeling Stressed?	Feeling Stressed?	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke
		Many people smoke to cope with	Many people smake to cope with stress, flot eigerstes only satisfy your addiction, not your real stress.	Positive support from family, friends and to workers can help you quit and stay smolet-free.	
		stress. But digarettes only satisfy your addiction, not your real stress. Isstead of lighting up, how about trying to:	Instead of lighting up, how about trying to:	and to constant can ramp you quite and stay smole-free.	Ricotine Replacement: Therapy (1881), can hip yes: manage year charrings, making year qualit chemist esser and Heraking year Christia of becoming particle free.
2	10	trying for • Practice deep breathing • Go for a short walk, exercise or	 Practice deep breathing On fer a short walk, exercise or the years 	You can sak others so: • And a marking country you • And a marking so the same of the sa	NOT comes as a:
2	10	do yaqa • Read or olay a game on your	Go for a strict reals, exercise or do your phone Nead or play a game on your phone This bear over with	Celebrate your successes, big and small	Platch Oturs Licenspe Inhaler Inhaler Nasial spray
		phone * Talk things over with freeds, ferrily or co-contres * Relos in a bath	process * Talk things over with friends, family or consolvers * Relaw in a bath	triggers, such as always	Nasal spray For more information, talk with a pharmatist service.
		Refus in a bath			talk with a pharmadist on doctor.
		Feeling Stressed?	Got Cravings?	What's Your Quit Plan?	Feeling Stressed?
		Many people ancke to cope with stress. But digarettes only satisfy you audiction, not your real stress.	From about paralisms of objects of	Exergence has a being one path to quilling. With on many ways on quit, find one that works for great	Many people smoke to oppe with stress our expertites only satisfy your addiction, not your real stress.
		Historial of lighting up, how about	activity can help with cravings. Waiting, jogging, cycling, and swimming are come examples of	 Free telephone counselling: 	Instead of lighting up, how about
2	11	trying to: Parctice deep breathing Ga for a short walk, exercise or	activities that can help you cut down the unge to smoke.	Celine support gasmalatine.gc.calquit Advice from others who have quit	trying to: • Practice deep breathing • Go for a short walk, exercise or
3	11	Read or play a game on your	As a berrar, physical activity still help	1-427-166-1600 Other varyon generalizer are active for the control of the contro	Read or play a game on your
		Talk things over with friends, family or pre-sources	you lower stress.	Support groups Cold burkey Medication	phone • Talk things over with friends, family or co-entriess
		Relax in a bath			Relax in a trath
		- No.			
		What's Your Quit Plan?	Feeling Stressed?	Beat the Urge to Smoke	What's Your Quit Plan?
		Everyone has their rown path to quitting. With so many veryotic call, find one that words for good.	Many people smalle to cope with stress. Our experience only satisfy your addiction, not your real stress.		Everyone has their own path to guiting. With so many wegets a cell. find one that works for your
		 Free telephone crunseling: 	Instead of lighting up, how about	Histories Replacement Therapy (MRT) can histy you make you construct, making you can adverse sever and technical your character sever and technical your character of becoming parties free.	 Free telephone or unselling:
2	10	Ocitine support gestalidetengo adjust Advice from others who have guit	trying to: Parctice deep breathing Galfer a short really, exercise or	NRT comes es ac	Orline in prom; germ skefore graniquit Advice from others who have guit
3	12	1-807-200-2607 Civition on group exercised read, a carpaid Civition on group exercised read, a carpaid A carpaid profession for a carpaid control of a ca	do yaqa • Read or play a game on your	Patch Corm Lecency Inhalar Inhalar	1-d77-366-2607 Clefton sprgoring parameters of calculat Clefton sprgoring parameters described by Number politics, furnispe, Falson or again * Taking such in showth parameters * Taking such in showth parameters * delift spring by in the showth parameters * delift spring by in the showth parameters * delift spring by in the showth parameters
		• Cold taskey	phone Talk things over with freeds, family or	Nesal spray For more information, talk with a pharmatist	Sepport groups Cald takey Medication QUIT
		The section (Section 1)	Relax as a trath	talk with a pharmacist or doctor.	
					BUIT
		Got Cravings?	Got Cravings?	Beat the Urge to Smoke	What's Your Quit Plan?
		Even short sessions of physical activity on balls with resolver	Liven short sessions of physical serbitic can half with resolver		
		Even short sessions of physical activity can help with cravings. Walving, jugging, cyr ling, and swimming use come examples of	Even short sessions of physical activity can help with crowings. Writing, jingging, to jing, and awmings of armings of armings of armings of a come examples of		(sergone has their own pinh to guiting, With so many ways to earl, find one that work for year. • The subjection or smalling.
3	13	Even short sessions of physical satisfies an index with crawings. Nativity can index with crawings. Nativity physique, giving, and sermining we some exemption of activities that can alloy you act, drove the surge to service.	Loon short seasters of physical activity can help with crawings. Whilling Julguing, by law, and summing are to one exemption of activities that can help was can drown the usege to searche.	Heads to Regiscoment: Therapy (MRT); can hip you manage your contrapt, individually your can be reserved assert and before the contract of the	(sergone has their own pinh to guiting, With so many ways to earl, find one that work for year. • The subjection or smalling.
3	13	Even about sessions of physical activity can help with cravings. Waiting, injurying, and sermings to come sensities of activities that can help you can	Even short sessions of physical ectating can help with travings. Warring spinging, spring, and summing we some estimates of ectations that can help you core.	Heads to Regiscoment: Therapy (MRT); can hip you manage your contrapt, individually your can be reserved assert and before the contract of the	(sergone has their own pinh to guiting, With so many ways to earl, find one that work for year. • The subjection or smalling.
3	13	Lores short sessions of physical activity can have been activitied and the convention of the control of the con	Liver short seasons or objected social control and control con	Because Reconstruct the Temps years; use they per a monage mode of the temps as a monage part of themselves as an end because years and themselves are not becoming makes from the temps grants from the temps grants from the temps grants from the temps grants of the temps grants are a temps grant grant grant grant grants gra	Congrove has their own path to guitting. With so many ways to eat, find one that works for year. • The subjection or consoling:
3	13	Lores short sessions of physical activity can have been activitied and the convention of the control of the con	Liver short seasons or objected social control and control con	Heads to Regiscoment: Therapy (MRT); can hip you manage your contrapt, individually your can be reserved assert and before the contract of the	(sergone has their own pinh to guiting, With so many ways to earl, find one that work for year. • The subjection or smalling.
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3	13	Lores short sessions of physical activity can have been activitied and the convention of the control of the con	over the strategy of objected better constrained by the constrained better constrained by the constrained better constrained between the constrained betw	Recince beginner on: Therapy MRT, and a service of the service of	(sergone has their own pinh to guiting, With so many ways to earl, find one that work for year. • The subjection or smalling.
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3	13	Con their particles of dispending control of the co	Continue to device the	Section for Section Control (1994), Will can be up on a company more than the control	Compression for a service strong at right of the committee of the committe
		Con their particles of dispending control of the co	Countring to Fauler When Countring to Faule	Most on Engineers (1 Honey), MRT What you is comparation of the service of the s	Corporation for a season of the control of the cont
3	13	Core don't service or objected color or objected color or on the ord of the ord or objected color or on the ord or objected color or objected color of the ord of the ord or objected color of the ord of the ord or objected color of the ord of the ord or objected color of the ord of the ord or objected color of the ord or objected color of the ord or objected color of the ord or objected color or objected color of the ord or objected color	Country of Station Country of Station Station Country of Station Stati	Section for Selection (1) Honey, 1981; See the Section of Section (1) Honey, 1981; See the Section of Section (1) Honey, 1981; See the Section of Section (1) Honey, 1981; See the Section (1) Honey, 1981; See the Section (1) Honey, 1981; See the Section (1) Honey, 1981; From two feel mention, 1981;	Continues of the contin
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		Cot Cravings? Less those control of control of cotton o	Counting to Passive Memory and the Counting to the Counting of	the cut of bedieneers, United and Control Cont	Cot Cravings? Lord or state or shape or significant and state of the
		Core from transmiss or physical coloring and the program transmiss and the program transmiss and transmiss. But haven, physical and transmiss and transmiss and transmiss and transmiss para bover drawn. But haven, physical and transmiss an	Country is Fasier When Outstand you go to the country is the country in the coun	Hector de rigination con la many Melination con la manufactura de la manufactura del m	Cot Cravings? Got Cravings? Cot Cravings?
3	14	Cot Cravings? Cot Cravings? Cot Cravings? Cot Cravings? Cot Cravings? Lee the test product of dynamic of dynamic of the cot of	Conting to Exale When Conting program of the read of the state of the	the control of believes on the part of the	Cor Cravings? Got Cravings? Cor Cravings?
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3	14	Cot Cravings? Cot Cravings? Cot Cravings? Cot Cravings? Cot Cravings? Lee the test product of dynamic of dynamic of the cot of	Country is Fasier When Votire Sporphine Sports And Sports Quitting is Fasier when savereign are rore or some of some short spherica and short spherica as horter spherica and spheri	Section for Selection (Control Section 2011) Leading the control section of the control se	Cot Cravings?
3	14	Cort Cravings? Less that results of objects Got Cravings? Less that results of objects active constant to the control of objects and the control objects and	these documents of the solid states or annual states or annual sales or annual	the cost of bedienescon, Thomps, well can be upon a morage pore contragues and co	COC CRAVINGS Loren boy seems of playing and control of the contro
3	14	Cort Cravings? Less that results of objects Got Cravings? Less that results of objects active constant to the control of objects and the control objects and	these documents of the solid states or annual states or annual sales or annual	Hectical deligionaries (1 Honey), Mills Henry on prompty and problem has been prompty and problem has been prompty and been have been prompty and have been been been have been been been been been have been been been been been have been been been been been been have been been been been been been have been been been been been been been have been been been been been been been be	COC CRAVINGS Loren boy seems of playing and control of the contro
3	14	Con the state of a physical color of a physical color on a physical color on the state of a physical color	Country is Fasier When Votre to Annual States and Country is the service of the Country of the C	section for designation or 10 may 1981 (and they per a storage parts of the parts o	COC CRAVINGS Learn any opin case for a service of the control of
3	14	Cot Cravings? Cot Cravings? Less that experience of physical and a continue of the continue	textor cannot and manufacture of ministration of the control cannot be control cannot canno	Section for displacement (Theory, 1987) settle property of the property of th	Cot Cravings Co
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		Feeling Stressed?	Got Cravings?	What's Your Quit Plan?	Feeling Stressed?
		Many people smoke to cope with stress. But digarettes only satisfy your addiction, not your real stress.	Liven short sessions of physical activity can help with cravings.	Everyone has their own path to quitting. With so many ways to out; find one that works for your	Many people smoke to cope with stress. But digarettes only satisfy your addiction, not you real stress.
		Instead of lighting up, how about trying to: • Mactice deep breathing	Welking, jogging, cycling, and swimming are come exemples of cothetics that can halp you cut	 Free telephone crunseling: 	Histoad of lighting up, how about trying to:
4	17	Practice deep breathing do for a short walk, assertise or the youge Read or play a game on your	down the urge to surcke.	1-877-500-606 generalendes gezeignis Ozive on gegengenen generalendes gezeignis Ozive on gegengenen gezeignis generalendes gezeignis Ozivernis politikes latengines Faller generalendes	Practice deep breathing Ga for a short malk, exercise or do your
-		phone • Talk things over with friends, family or	As a bornus, polysica a set hely self-hely self-hely self-hely syou lower stress.	Tableiry with a health rane provider Suff-halp basis in brucharea Support groups	do yarga • Read or play a game on your pilvone • Talk things over with
		Relax in a bath	1	• Segon amos • Cali usky • Nedcolon • Oury	friends, family or co-sorbers • Atlas is a bath
				GUIT	
-		Got Cravings?	Got Cravings?	Beat the Urge to Smoke	What's Your Quit Plan?
		Even short sessions of physical	Even short sessions of physical		Coeyone has their own path to quilling. With so many ways to qut, find one that week for your
		activity can help with cravings. Working, jogging, cycling, and swimming are some esamples of	activity can help with cravings. Walting, jogging, cycling, and swimming are come examples of	Nootine Replacement Therapy (NRT) can hidly you manage your careings, revising your characteristics seek and Harvaiding your character seek and becoming partied free.	 ■ Free telephone counselling:
4	18	activities that can help you cut down the urge to service.	activities that can help you cut down the unge to smake.	HRT comes as as	Other support garantefree garatuit Advice from others who have gait Oscione nations. Interest.
4	10	As a bonus, physical activity will help you lower stress.	As a bonus, physical activity will halp you lower stress.	• Gurn • Lozenge • Inhaler • Nasal spray	inhaler or gum • Tallong with a health one provider • Silf help books it proclause
			L. S	Nasal sony For more information, talk with a pharmatist or costor.	1 ACT 500 GEV. 1 Clark on regions of special series of a Capital 1 Clark on regions of special series of a Capital 1 Clark on regions of special series of a Capital 1 Clark on regions of special series of a Capital 1 Clark on the Small Series of special series 1 Clark of special serie
		Λ.		or rioctor."	
		What's Your Quit Plan?	What's Your Quit Plan?	Got Cravings?	Quitting is Easier When You're Not Alone
		Evergone has their own path to quitting, WIDS so many very to east, find one that works for your and large.	(veryone has their own just his quitting, Will so many repost to exit, find one that wide for your. • I see telephone counselling:	activity can help with cravings. Welking, jogging, cycling, and	Positive support from family, friends and co-vortions can help you quilt and stay smoke-free.
	4.0	I are telephone counseling: 1-977-986-9667 Ocitice-impromigramikeline-gcon(quid Advice from others who have cust:	1-977-366-3667 • Online suppossibelinesp.co/quid • Advice from other such o have cash	awimming are some examples of activities that can help you cut down the unge to surcke.	Vou can ask others to: • Apolds smolding occurs you • Holp you stay positive, especially during stip-ups!
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			BUIT		
		What's Your Quit Plan?	Feeling Stressed?	Beat the Urge to Smoke	What's Your Quit Plan ?
		Everyone has their own path to quitting. With so many ways to eath find one that works by your	Many people smake to cope with stress. But organists only satisfy your addiction, not your seal stress.	Hisotine Replacement Therapy (NRT); can halp your manage your carrings, wailing your quin attempt easier and technism your characts of	Everyone has their own path to quitting. With so many ways so quit, find one that werk far year.
		Free telephone or unselling: 1-877-3697 Orline-support germikelee-gc.compaid	Instead of lighting up, how about trying to:	Decorating smidke-free.	 Free telephone counceling:
4	20	1-027-200-2007 Civilino in group especialization of conjust Civilino in group especialization of conjust Civilino especialization of conjust Civilino especialization of conjust Patholization patholization for conjust Taking so this financialization provides Confirmation conjust Co	Practice deep breathing Gallery about walk, exercise or do yags Read or play a game on your	MRT comes as a: • Patch • Guns	1-477-96-3007 • Coffice suppose generalizative agr. culgist • Advice from cellular cules in surveyant • Advice from cellular cules in surveyant • Coffice suppose from cellular culture agr. • Tallery sutto it nondets care provider • Coffice suppose from cellular culture agr. • Coffice sutto agr. culture from cellular culture agr. • Coffice suppose from cellular culture agr.
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		GUIT			
		Got Cravings?	Quitting is Easier When You're Not Alone	Feeling Stressed?	Got Cravings?
		Even short sessions of physical activity can help with provings.	Positive support from family, fittends	Many people smake to cope with stress, that departure only laterly your addiction, not your real stress.	Even short sessions of physical activity can help with cravings.
		Walting, jogging, cycling, and swimming are come examples of activities that can help you cut	and co-morrant can halp you quit and stay smoke-free. You can ask others to:	Instead of lighting up, how about trying to:	Walking, jugging, tycling, and swimming are come examples of activities that can help you cut
5	21	dosen the unge to smoke. As a horsus, physical	You can eak others or: • Model emoting is count you • Hopky out they positive, especially during the ego • Call others your secresses, this and	Pactice deep breathing Galler a chief trail, eventise or de youe Read or play a game on your	down the unge to smoke. As a bonus, physical
J		activity still harp you lower stress.	small lielp you deal with smoking triggers, such as stress	phone • talk things over with friends, family or	art hity will harp you lower stress.
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•		Feeling Stressed?	Feeling Stressed?	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke
		Many people shocks to cope with sheet, our experiests only satisfy your addition, not your sets these.	Many people swelve to cope with stress. Suc operates only satisfy your addiction, not your rest stress.	Positive support from family, friends and co-vorants can halp you quitt and stay smoke free.	
		press, our eigeness only satery your addition, not your neal stress. Instead of lighting up, how about trying to:	your addiction, not your real stress. Instead of lighting up, how about trying to:	You can ack rehard for	Nectine Replacement I herspy (NRI); can harly you manapy your carring, making your qualit stempts enset and liceasing your charts of becoming such charts of becoming such fire.
5	22	 Parctice deep breathing Go for a short walk, exercise or 	Practice deep breathing Go for a short walk, exercise or	Asold smoking around you Help you stay positive, especially dering slig-ups'	NRT course so ac Patich Guns
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		friends, family or co-morrors • Releas in a bath	friends, family or co-morkers • Relax in a path	triggers, such as stress	For more information, balk with a pharmacist or courter.
		What's Your Quit Plan?	Feeling Stressed?	Beat the Urge to Smoke	What's Your Quit Plan ?
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		Compone has their coon path is quitting. With so many ways or quit, find one that oversiting man • First highbore so unselling: 1477-146-767 1477-1467-767	your addiction, not your real stress. Instead of lighting up, how about trying to:	Historine Replacement Therapy (1981) can histip you manage your crawings, revising your character seer and herwarding your character of becoming synther free.	Coergone has then own gen's on quisting. With so many veryor out if his one that work for your ways of the work for your and the your and you was a second to the your and you and you was a second to you was a
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			Con	or doctor.	A Care
					Quitting is Easier When
		What's Your Quit Plan?	What's Your Quit Plan?	Got Cravings?	You're Not Alone
		Coeryone has their own pack to quitting. With so many ways to eat, find one that works for you. • I are telephone or unselling:	(segons has their own parts to gisting. With so many very to eath third one that works for your • I rea telephone counselling:	Even short sessions of physical activity can help with cravings. Walking, Jogging, cycling, and swimming are some examples of	Positive support from family, friends and co-corriers can help you quitt and stay smoke-free.
_		1-877-200-2667 • Orline to proce gastrakelsee-gastrakel • Adute from others who have quit	The response oursesing: 1-872-306-167 Ordine surport gestakelengs.radjuit Addec from others who have quit.	swimming are come examples of activities that can help you cut down the unge to sercice.	You can ask others round you # hold moderng round you # holy you stry positive, especially dering slip-ups # Celements pour recesses, big and
5	24	1-07-700-06-07-00-07-07-07-07-07-07-07-07-07-07-07-	1-1077-006-007 * Other up upon generalizing conjust Authority of the first of the cost Authority of the first of the cost Authority of the first of the cost I fallow gains * Lakey with a love it now protection * Of the first of the first of the cost * Of the first of the cost * Authority * Authori	és a bonus, physical activity sell hain	during slip-upo' Celebrate your successes, big and small
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		Beat the Urge to Smoke	What's Your Quit Plan?	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke
		Noctine Regiscoment Therapy (NRT) can help you manage your craming to making your guilt othersyst easier and hereasting your chances of	Everyone has their own path to quitting. With so many veryot a call, find one that works for your	Positive support from family, friends and co-workers can halp you quilt and stay smoke-free.	Nootine Replacement: Therapy (1801) can halp you manage your covings, realing you can't interest sees and tension you can't clean de sees and tension you can't clean of becoming smither free.
		becoming smoke-free.	Free telephone counselling: 1-877-868-3667 Orline support passakelnes gc.co/quid	You can ask others to:	tecreating your chances of becoming smoke-free. HET comes as as:
5	25	Patch Gurs Locenge Inhaler	Nicoline poticines, Intereges, réaliser et gars Talking soit à line it transpositifier Talking soit à line it transpositifier	A point is mobiling a recurd you Folip you stay positive, especially during site-upor Cetebrate your secresses, big and small	Patch Guns Comps Invalid Invalid Nasial spray
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		Got Cravings?	Got Cravings?	Beat the Urge to Smoke	What's Your Quit Plan?
		Even short sessions of physical activity can help with cravings. Walking, jogging, cyr ling, and	Even short sessions of physical activity can help with cravings. Walking, jngging, cyr ling, and	Ricotine Replacement Therapy (RRT) can hip you make your carrings, making your cant attempt seem and tensating your chances or becoming your chances or becoming synthefires.	(seryone has their rown path to quitting. With so many weys to cult, find one that works for your
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6	26	As a horrus, physical activity will hain	As a benus, physical at this world have	HIT covers in a: • Pates • Curs • Curs • Cursege • Inhaler • Nasid spay	A Advise below offered only of the out of the Southern parking theorems, which was a southern parking theorems, a Takeny parkin share this new promoter (self-who benesis the Benchman 6 Support groups). Cold subsys to the Southern parking
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		Beat the Urge to Smoke	Beat the Urge to Smoke	Feeling Stressed?	Got Cravings?
		Microtine Replacement Therapy (NRT) can help you manage your cravings, making you manage your cravings, making your cut attempt leaser and terrasting your chances of becoming poster frances.	Historine Replacement Therapy (1881) can high your manage your clarings, realing your cut attempts seeker and herwiding your character of becoming point character of becoming point fer free.	Many people swicks to cope with stress. But dispiret is only satisfy your addiction, not your real stress. Instead of lighting up, how about	Even short sessions of physical scholty can help with crawings. Walkings, jogging, cycling, aerd sermating are borus examples of
6	27	NRT comes as a:	NRT comes as a: • Patch	trying to: • Paccinc deep breathing • Go for a pingt walk, exercise or	activities that can help you cut down the unge to sucke.
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		For more information, talk with a pharmatist or out-	For mine information, talk with a phormadist or disclor.	trilends, family or to-morkers • Ratax in a bath	4)
		Got Cravings?	Got Cravings?	Beat the Urge to Smoke	What's Your Quit Plan?
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6	28	down the unge to sarcke. As a bornus, physical	down the unge to suicke. As a borrus, physical	HRT comes as a: • Patch • Gorn	Advice from others who have guit Nicolare path is larenges, inhales or guess
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		Beat the Urge to Smoke	What's Your Quit Plan?	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke
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		techning your chances of becoming smoke-free. MRT comes as a:	Tree telephone crunselling: 1-977-000-007 Online to proving an skelden-groupett Address from other rather tree rath	You can ask others for • Avoid smoking around you • Hoty you tap positive, reporterly dering slip-upo • Catenarist your secresses, big and	Hernacong your chances or becoming smitch-free. NPT comes as a:
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		You're Not Alone	Beat the Urge to Smoke	Got Cravings? Even short resisters of physical activity can help with cravings.	You're Not Alone
		Positive support from family, friends and to workers can help you quilt and stay smoke-free. You can ask others or:	Noctine Neplacement I herspy (Net1) can high your warrage your clarings, realizing your cut attempts essert and hersiating your cutracts of becoming some criticals of	Walting, jogging, cycling, and	Positive support from family, friends and co-warrant can may you quit and stay smoke free. You can ask others so:
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O	30	 Celebrate you'r successes, big and small Help you'ded with smoking triggers, such as stores 	Cookings Inhaler Nasal spray	As a bornus, polystical activity will have activity will have your lower stress.	 Calebrate your seconds big and small Help you deal with amoking higgers, such as stress
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•		Quitting is Easier When You're Not Alone	Beat the Urge to Smoke	Got Cravings?	Quitting is Easier When You're Not Alone
		Positive support from family, friends and co-workers can halp you quitt and stay smoke-free.	Nicotion Replacement I her rapy (NRI); can hidy pick invariance your clerings, walking your part interrupt caser and schauding your creations of becoming similar fire.	Even short session's of physical activity one help with resident	Positive support from family, friends and so workers can help you quitt and stay smoke-free.
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		Feeling Stressed?	Feeling Stressed?	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke
		Many people smake to cope with stress, but digarettes only satisfy	Many people areaks to cope with stress. But digarettes only satisfy your addition, not your real stress.	Positive support from family, friends and co-womens can help you quit and stay smoke-free.	Biochine Replacement Therapy (NRT); can help you eramage your cramings.
		your addiction, not your real stress. Instead of lighting up, how about trying for	your wild cloin, not your real stress. Isstead of lighting up, how about trying to:	You can ask others to:	Ricotine Replacement Therspy (RRT); can hidly post manage your clarings, waiving your guilt attempt seaser and schooling your chances of becoming smitch free.
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		- 1 // L			
		Quitting is Easier When	Quitting is Easier When		
		You're Not Alone	You're Not Alone	What's Your Quit Plan ?	Feeling Stressed?
		Positive support from family, friends and co-corriers can help you quitt and stay smoke-free.	Positive support from family, friends and co-vorients can halp you quilt and stay smoke-free.	Virginia de care de care de petro de que conque Willia de marry en opera en est, final de no chair wanda for peas. • L'est delenhone coursellano.	Many people smoke to cope with stress. But digarettes only satisfy your addiction, not your real stress.
_	2.4	You can ask others ro: • Anote masking record you • Holy you stay positive, reportiny derives the upper • Chartest your secreeses, this and youl • Holy continue you do not continue • The continue you will • The cont	You can ask others for a foods modeling accountly you solonly you take position, especially dening slay-upor - Calmitte's your seconses, big and	interpretation that is surgested to give any effect or surgestive production of the control of the most surgestive production of the control of the term of the control of the control of the control of 1 to the control of the control of the control of 1 to the control of the control of the control of 1 to the control of the control of the control of 1 to the control of the control of the control of 1 to the control of the control of the control of 1 to the control of the control of the control of 1 to the control of the control of the control of 1 to the control of the control of the control of 1 to the control of	testaad of lighting up, how about trying to: • Parctice deep breathing • do for a short realit, exercted or
7	34	during stip-ups* • Celebrate your successes, big and small	during site your successes, big and small • High you deal with smoking	Naroline patches, larenges, includes or guars Taking with a health rane-provider	Bead or play a game on your
		triggers, such as stress	triggers, such as stress	Sepport groups Cald takey Medication	phone Talk things over with trionds, family or promothers
		2 2			Relax in a bath
		Feeling Stressed?	Feeling Stressed?	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke
		Many people smake to cope with stress. But digarettes only satisfy your while tion, not your real stress.	Many people smelle to cope with stress. But eigerettes only satisfy your addiction, not your real stress.	Positive support from family, friends and co-workers can help you quitt and stay smokerfee.	Ricotine Replacement Therapy (RRT); can hidip you manapy your clarings, waiving your guit attempt seaser and screading your chance of becoming matchine fee.
		Instead of lighting up, how about trying to:	Instead of lighting up, how about trying to:	You can ask others to: • double smoking control you	ternating year chances of becoming smoke-free.
7	35	 Practice deep breathing Go for a short walk, exercise or do yarga Read or play a game on your 	Psectice deep breathing Ga for a short walk, exercise or do yaga Read or play a game on your	Help you stay positive, especially dening stig-up? Calabrate your successes, big and	HNT comes as a: • Patch • Gurs
		Talk things over with	Read or play a game on your phone Talk things over with friends, family or	small • itelp you'deal with smoking triggers, such as stosss	Consensor Inhalar Nasal speay
		friends, family or co-morkers • Rafax in a bath	co-tractions • Relax in a bath	11000	For more information, talk with a pracreasist on conton.
				* 7	The state of the s
-		Beat the Urge to Smoke	Beat the Urge to Smoke	Feeling Stressed?	Got Cravings?
				Many people smake to cope with stress, but objected only caterly your addiction, not you need stress.	Even short sessions of physical activity can help with cravings.
		Nective Replacement I herrpy (NRT) can hilly you manage your cravings, making you manage your cravings, making you gut a telengt desire and have adding your chances of becoming smitch effec.	Noctive Replacement I herspy (NRI); can hip you make your carrings, making your can attempt sever and historing your control sever and historing your control of becoming sinkle-free.	Instead of lighting up, how about	ectivity can help with cravings. Walking, jogging, spc ling, and ascimating are tome examples of activities that can halp you cut
8	36	HRT comes es a: • Patch • Gura	MRT corners es a: • Patch • Gurn	trying for • Practice deep breathing • Go for a short walk, exercise or	down the unge to smoke.
0	36	Gurs Longrige Inhalor Nasal spray	Unbelor Inhalor	do yaga Read or play a game on your photo Talk things over with	As a bonus, physical activity will help you lower stress.
		Nasal spray For more information, talk with a pharmatist	Nasal spray For more information, talk with a phormatist	Tak trillings over with frends, family or co-mortons Relax in a trath	
		er doctor.	or disclos.	Relax at a tradh	Λ.
		1 3			
		Feeling Stressed?	Got Cravings?	Feeling Stressed?	Feeling Stressed?
		Many people smoke to cope with stress. But digarettes only satisfy your addiction, not your real stress.	Even short sessions of physical activity can help with cravings. Whiting, Jugging, tyring, and swimming are come escraples of	Many people smake to cope with stress. But depretors only satisfy your addition, not your real stress.	Many people smoke to cope with stress. But exprestes only satisfy your addiction, not your real stress.
		Instead of lighting up, how about trying for • Plactice deep breathing • Go for a short walk, exercise or	swimming are come examples of activities that can help you cut down the unge to smoke.	lestead of lighting up, how about trying to: • Parctice deep breathing • Galler a breat valid, exercise or	Instead of lighting up, how about styles for • Parctice deep breathing • Go for a short walk, exercise or
8	37	do yagu • Read or play a game on your	As a benus, physical activity will halp	Read or play a game on your	 Go for a short walk, exercise or do yagu Read or play a game on your
		phone Talk things over with friends, fumily or	you lower stress.	phone Talk things over with friends, tamily are consorters	phone Talk things over with friends, femily or
		Relax in a trath	74	Relax in a bath	Relax in a trath
			3 9		- Line
		Feeling Stressed?	Feeling Stressed?	Beat the Urge to Smoke	What's Your Quit Plan?
		Many people smake to cope with stress. But digarettes only satisfy your while tion, not your real stress.	Many people smeke to cope with stress. But eigerettes only satisfy your addiction, not your real stress.	Nootine Replacement Therapy (NRT) can high you manage your cranings, making you can attempt seer and herwisting your chances of becoming swife-free.	Everyone has their rown path to guitting. With so many veryor or quit, find one that words for your
		Histoad of lighting up, how about trying to:	Instead of lighting up, how about	tecreating your character of becoming smoke-free.	 Iree telephone counselling: 1-977-366-3667
8	38	Psactice deep breathing Go for a short walk, exercise or do your	Pactice deep breathing Go for a short walk, exercise or do your Breat or play a gume on your	MIT comes es ac • Patch • Guna	Ordine support gesmikelne graniquit Advice from others who have gait Nicoline patches larveges, inhale or gare.
		the yarga • Read or play a game on your phone • Talk things over with friends, family or	Read or play a game on your phone Talk things over with freeds, family or	Inhalar Nasal spray	reflective or gares • Indiving with a few this case provider • Indiving with a few this case provider • Indiving the books in the trustment • Support groups • Cold Lindon
		to-workers Relax in a bath	co-monteers Relex in a bath	For more information, talk with a phormatist or dioctor.	Cold turkey Medication
1		Beat the Urge to Smoke	What's Your Quit Plan?	Quitting is Easier When You're Not Alone	Beat the Urge to Smoke
		Nacotine Replacement I herepy (NRII)	Compone has their own path to quitting. With a many very to quit, find one that week for your	Positive support from family, friends and co-vorant can halp you quit and stay smokerfee.	
		can help you manage your crawlings, making your quit abernal easier and lessassing your craws of becoming smoke free.	 Free telephone counseling: 	You can ask others to:	Historius Pispilacoment Therapy (HRT) can histip you markapa your cawings, making your cust attempt beaser and herwiding your chances of becoming point chances of becoming matther free.
8	39	NRT comes es ac • Patch • Gum	1-877-96-3667 • Celine support gamaletne gc.culquit • Aduce from others who have quit • Nicotine patches, Incerges.	 Anoid smoking around you Help you stay positive, especially decree slip-ups 	#BIT comes as a: • Patch
O	3)	Corn Learninge Inhalar Nacat spray	System on the first Interespent System particles Interespent include an year include an year include year include year include year include year	Calciumate your successor, big and small small Help you deal with smoking triggers, such as stores.	Gure Losenge Inhalar Nasal spray
		For more information, talk with a pharmacist or doctor.	Cold curry Medication		For mare information, talk with a phormatist or clocks.
-		Part the User and Company	What's Van Original	Quitting is Easier When	Reat the Heaves Comba
		Beat the Urge to Smoke Noctine Replacement Therapy (NRT)	What's Your Quit Plan? Despote his their own pich to quiting.	You're Not Alone	Beat the Urge to Smoke
		can hill poor manage your carrings, making your quit attempt esser and licrosoling your chances of becoming smoke-free.	(segrow-has their own pith to guitting. Will so many velocitic beautif, inclined that works for you. • I are telephone counselfing: 1-197-206-1667	Positive support from family, friends and co-workers can halp you quit and stay smoke-free. You can ask others to:	can nilp you manage your carefulg, making your quit stempt easer and herasting your chances of becoming smoke-free.
O	40	NOT comes as as	1-977-396-5667 Orbite support: gennikelee-geniquit Addes from others who have quit Nordine partitive formerse	Four cent ask others for: • Avoid smoking returnly you • Helps you stay positive, especially derive sile-upor • Celebrate your successes, big and	MOT
8	40	Patch Gurs Lorange Inhalter Nasal spray (1) 239	1 ACT SHOOLS CONTINUED TO THE ACT OF THE ACT	Celebrate your successes, big and small small • Help you deal with smaking highers, such as stress	ent colones a a: • Patch • Curs • Lorenspe • Install • Naid Spray
		Nasal spray For more information, talk with a phormatist on one to.	• Support groups • Codd today • Medication	triggers, such as stress	 Nasal spray For nurse information, talk with a pharmacist or doctor.
		on cloc tox.	BUIT		3

		Quitting is Easier When You're Not Alone	Quitting is Easier When You're Not Alone	What's Your Quit Plan?	Feeling Stressed?
		Positive support from family, friends and co-commiss can map you quit and stay smokerine.	Positive support from formity, friends and co-workers can help you quitt and stay smolecifiee.	(veryone has their own path to quitting, WIDs to may syste out; find one that within type:	Many people smake to cope with stress, but operetts only satisfy your addiction, not your real stress.
		and stay smoke-free. You can ask others so: • Apold smoking pround you	and stay smoke-free. Vou can ask others on: • Anold smoking zound you		Instead of lighting up, how about trying to:
9	41	Vou cen ask others so: • Josef amoking a cover of you • Holp you stay positive, expectally desire y file-upo • Catholite your recreases, big and	Voluces ask others for: - Pools amoking a round you - Folly you stup positive, especially desting site-upp - Catalouties your successes, big and	 Advice from others who have pair. Nicotine patches, largeges, inflation or game. Total control of the participant of the parti	Practice deep breathing Go for a short walk, exercise or de yags Read or play a game on your
		small Itelp you deal with smoking tritiggers, such as stress	 Help you deal with smoking triggers, such as stoss 	In the billionise or annual legs of the billionise of the billioni	phone Talk things over with friends, family or pro-contions
			2		Relax in a Dath
		* X			
		Beat the Urge to Smoke	Beat the Urge to Smoke Notice Replacement Therapy (NRT)	Feeling Stressed? Many people smale to cope with stress. But operates only sately	Got Cravings? Even short sessions of physical activity can help with cravings.
		Nootine Replacement I herspy (IRRI) can high you manage good carrings, and making you manage your carrings, and increasing your quit attempt esser and becausing your chances of becoming mittel-free.	Nootine Replacement (herapy (MM1) can mily you manage your cramings, making your cut at itempt seer and transisting your chances of becoming unified free.	stress. Suit obgrettes only satisfy your addiction, not your real stress. Instead of lighting up, how about sylving loc	Walking, jogging, syrling, and swimming are come examples of
9	42	HRT corner as a: • Patch • Cura	NOT comes as a: • Patch • Gura	Practice deep breathing Go for a short valid, exercise or do yaqu Read for play's game on your	activities that can help you cut down the unge to sercke. As a borus, obsided
		Underige Inhaler Nasal spray	Lozenge Inhalor Nasal spray	 Read or play a game on your phone Talk things over with freads, family or 	activity will have you lower stress.
		For name information, talk with a pharmacist or coctor.	For name information, talk with a pharmacist or coctor.	en-monthers • Relax in a trath	
		Beat the Urge to Smoke	Beat the Urge to Smoke	Feeling Stressed? Many people areate se cope with stress, that organizes only actiny your artifolic no, not your rest stress.	Got Cravings?
		Note the Replacement I herepy (NRT) can help your warrage your cravings, making your cyall alternale sever and facilitating your character of becoming annufer from.	Nicotino Replacoment Therapy (NRT) can ning you arrange your cranings, making your quit attempt esser and lucrasting your characts of becoming your characts of becoming unified rise.	your addiction, not your real stress. Instead of lighting up, how about trying to:	Even short resistent of physical activity can help with cravings. Waiting Jingging, cycling, and sermating are corn exempted of activities that can halp you co:
9	43	becoming smake-free. MRT comes as a: Patch Gum	NRT comes as as: • Patch	 Practice deep breathing Go for a short walk, essentise or the series 	down the unge to stroke.
9	43	Gurn Lucenge Innater Nasal spray Nasal spray	Com Loonge Inhaler Nasal opiny	Read or play a game on your phores Talk things over with friends, family or Talk things over with	As a bernus, polysical activity will help you go you lower stress.
		For more information, talk with a pharmacist or doctor.	For more information, talk with a pharmachit or doctor.	Relax in a bath	A
		Quitting is Easier When You're Not Alone	Beat the Urge to Smoke	Got Cravings?	Quitting is Easier When You're Not Alone
		Positive support from family, friends and co-workers can help you quitt and stay smoke-free.	Noothe Replacement Therapy (NRT) can high you manage yook contribut, making you can at attempt least and localities your chiracts of becoming within free.	Even short sessions of physical activity can help with cravings. Welking, jugging, cycling, and	Positive support from family, friends and co-workers can help you quit and stay smoke-free.
0	4.4	You can ask others so: - Another smoking around you - Holly you say goulten, expectally desire a ble-app? - Catalotte your recreases, big and	NOW.	swimming are some examples of activities that can help you cut down the unge to sucke.	Wou can ask others or: About smoking around you Holly you say positive, especially decreased the experience of the cape Cathystick your reconsers, big and
9	44	 Fielp you deal with smoking 	rel (come es al. - Patris - Gurs - Gurs - Gurse - Lorenge - Invalid (speny)	As a bornus, physical or thirty will help you lower stress.	convertig stap-stape - Celebrate your stapeness, big and - small - Help you deal with smaking thippers, such as stress
		triggers, such as stress	Nascal spreay For more information, talk with a pharmadist or (locity).		triggers, such as stress
				\wedge	
		What's Your Quit Plan?	Feeling Stressed?	Beat the Urge to Smoke	Feeling Stressed?
		(veryone has their own path to quitting. With so many weys to out; find one that words for year.	Many people smake to cope with stress. But digarettes only satisfy your addiction, not your real stress.	Nootine Replacement Therepy (NRT) can help you manage your contings, making your can all stempts are and sensating your chances one are and sensating your chances of becoming anti-fires.	Many people smake to cope with stress. But digarettes only satisfy your addiction, not your real stress.
		 Free telephone counselling: 	Instead of lighting up, how about trying to:	Increasing your chances of becoming smoke-free. HOT comes as a:	histoad of lighting up, how about trying to:
9	45	Nazoline patches, lazenges, inhalter or gams Taking with a health case-provider Golf late, beach in lace to be	Practice deep breathing Sa fee a sheet valid, exercise or do yogs Read or play a game on your	BET common as a: • Padró • Gum • L'oconge • Invalier • Navasi gropy	Peactice deep breathing Go for a chart roak, average or do yough Read or play a game on your
		1-077-090-0500 grown distribution of configuration of configuration on any proof grown distribution of configuration of the configurati	phone Talk things over with thinds, tam'y or co-workers Balak is a bath	 Nasal spray For more information, balk with a pharmacist of coctor. 	phone Talk things over with Hindst, tantily or co-norders Black in a path
			• KEISA NI 2 DEFI		KELDA MI 3 DOEN
		Quitting is Easier When You're Not Alone	Quitting is Easier When You're Not Alone	Feeling Stressed?	Feeling Stressed?
		Fasitive support from family, fitends and co-variant can hip you quit and stay arraisefrice.	Positive support from family, friends and so women can halp you quitt and stay prolection.	Many people shake to cope with stress. But digard to only satisfy your addition, not you need stress.	Many people smake to cope with stress. But digarettee only satisfy your addiction, not yout neel stress.
		Non-commark orthography	Now care such exhaust ner	your wildiction, not your real stress. Histoad of lightling up, how about trying to: • Partice deep breathing	Instead of lighting up, how about trying to: • Pascice deep breathing • Go for a short walk, easierise or
10	46	Avaid amotiving recently you Hooley pour tay positive, especially desires yell—print Catenates your successors, big and avail	Food aroking second you Folly you stay positive, especially derive plan part derive plan part Calcatta your successes, big and small	Go for a short realit, exercise or do yeaps Nad or play a game on your	do yaqa • Read or play a game on your
		y wall • Indy you deal with smoking triggers, such as stoss	strail Filiphy you deal with smoking triggers, such as sless	phone Talk things over with friends, namily or co-tronters Ratio in a bath	Talk things over with friends, family or co-contest Rebx in a bath
				Ratav le a bath	Contraction
		Feeling Stressed?	Engline Streeted	Quitting is Easier When	Past the Here to Smoke
		Many people sneks to cope with stress. But eigerettes only satisfy your addiction, not your real stress.	Feeling Stressed? Many people smake to cope with stress, our equirests only saturity your addition, not your real stress.	You're Not Alone Positive support from family, friends and co-women can male you quitt and stay projective.	Beat the Urge to Smoke Ricctive Replacement Therapy (MRT) can halp you manage your carrings.
		Instead of lighting up, how about trying to:	Instead of lighting up, how about trying to:	and stay smokerfree. You can ask others to: * Apold smoking recurd you	can help you manage your cravings, making your call othersylt esser and lucrasting your criminals of becoming smikle free.
10	47	Practice deep breathing Galler a sheat raviet, exercise or do youge Read or play a game on your other.	Parctice deep breathing Galler a short walk, exercise or de yaga I lead or play a game on your	You can ask others for • Pools arroking occurs you • Pools you stay positive, especially dering sleg-ups • Catalactic your secretors, big and	HRT comes as ac Patich Gursi Comis Comps Inhalar Nasal spray
		phoree • Talk things over with friends, family or co-cortes • Retax is a bath	photo Talk things over with friends, family or	small • Fielp you deal with smoking triggers, such as stores	Inhaler Nasal spray For more information.
		Relax in a bath	co-morkers • Relax in a trath		For more information, talk with a pharmadist or ideator.
			75		
		Quitting is Easier When You're Not Alone Foother support from femily, fitends	Beat the Urge to Smoke Histine Replacement Therapy (1881)	Got Cravings? Even short sessions of physical	Quitting is Easier When You're Not Alone Positive support from family, friends
		Positive support from family, friends and co-vorters can help you quilt and stay smoke-free. You can ask others for	Nicotine Replacement Therapy (NRT) can high you manage your cramings, making your quit attempt seer and horasting your chances of becoming united free.	Even short sessions of physical activity can help with cravings. Whiting Jippging, by ling, and swimning are some examples of	Positive support from family, friends and co-vortises can halp you quitt and stay smoke free. You can ask others to:
10	48	Agold smoking around you Holp you stay positive, especially dering stig-ups Celerate your successes, big and	HRT comes as ac • Patch • durin	activities that can help you cut down the unge to sercice. At a because solution is	Avoid smoking around you Holy you stay positive, especially dering stip-upol Celebrate your successes, big and
		Small Field you deal with smoking triggers, such as stress	Lezenge Inhaler Nasal spay	es a normas, physical activity sell help you lower stress.	Telephyou deel with smoking triggers, such as stress
			For more information, talk with a pharmadist on cocitor.	n	
				3.9	

10	49	Best the Urge to Smoke Heatthe Replacement Purply 1881: can be pay a energy port carriery, can be pay a energy port carriery, to carriery and the carriery of the carriery part future and a force of the temporary part future and a force of the carriery part future and a force of the ca	Feeling Stressed! May poople want a roop with a man and a roop with a roop wi	Quitting is Ender When You're Not Alone Tastes supporter for long, fined over to consume can visit go up at the consumer can be consumer can b	Beat the Urge to Smoke Intuitive legiscence: It here; Nett: can hippe an energy post; can hippe an energy care arrive, to the state of
10		for ware information, tall of the jump and in the control of the c	Finds there's a second of the	What's Your Quit Plan ? Corporabe between palls to gating Who come upon to got the control	for war information, that we is promised to account to
	50	and stay surpole-dies. Fou can sale others size A model smoking placeusly posi- dies and smoking placeusly posi- dies spik-oppi Category bla-oppi Category outcomes, that peak size by position of the smoking biogens, could as allows biogens, could as allows	and stay association. Boscar and collection of the state	Secret de public se se primeire de la companya del companya del companya de la companya del comp	your addition, not you're lost affect. Installed efficients and power faced * You're face for the power faced * You're face for marking * One for a 'noter value, facestion or to you're * One face for a 'noter value, facestion or proper * Too the face opening one you're * Too the face one or it's * One contains ** ** ** ** ** ** ** ** **
	50	small Help you deal with smoking	small I liels you der liw th smoking	inhaber or gum Taking soth a health core provider Siff help books is produces Support groups Cald having	Read or play a gar phone Talk things over w friends, family or

Table S3. Choice sets and blocks for DCE 3; Reproductive health response efficacy.

Block	Set	Option 1	Option 2	Option 3	Option 4
		Growing Vour Family?	New Baby in the Family?	Baby on the Way?	Baby on the Way?
		Quitting smoking improves fertility in both men and sysmen, making it.	Suitting smoking means a healthier the for you, your partner and the	Quitting amoning will improve your health and your chances of having a healthy heby.	There are many benefits to quitting before or during programs;
		is both men and warren, making it secure to be came proposed. It also improves your chances of basing in healthy prognancy and baby.	Dutting amoding means a builther. Took by my, one amount and the builty, from builty is been likely in show a lose built wisestig, and quitting can also made if severe the year partners to out if they among it.	If you're thirking about cutting back or quitting, it's important to find a	 Baby is more lifely to be been at a healthy weight colfs storing organs Healther heart and longs for More Last risk at relocatings
1	1	falls to a health care provider for support	Woulve got what it inkes. Shart quitting today.	If you've the finishing where call fining backs or counting, all in proper went to finished a water that more in farry you. Which in you've entable, with a memorise you stream. A health came provider of doctor, name, informity provides the grace start.	Talk to a health care provider for
			-90	moveywork to good ac-	addice about quilting or cutting back.
			4		
			150		
		New Baby in the Family?	Baby on the Way?	Baby on the Way?	Baby on the Way?
		Quiting smoking means a beathfeet the large, your partners and the balls, Your balls is beatility in how a low birth weight, and quitting can shormake it now for your partners to can't duty smoke.	There are many benefits to quitting before or during programsy. • Native is more likely so be born at a	Outting smoking will improve your health and your chances of having a local by body.	Quitting smoking will improve your health and your chances of having a healt by heby.
4			 Baby is more lifely to be born at a healthy weight with strong organs. lead there heart red large for More. but visit at miscarding. 	If you're thinking about cutting back or quitting, it's important to find a way that works for you. When you're	If you've this ising about catting back or quitting, it's important to find a way that works for you. When you're
1	2	You've got what it takes. Start quitting haday.	talk to a health care provider for addisorations quitting on surting back.	ready, talk to someone you front. A health care provider (doctor, name, militarile) would be good start.	mody, talk to someone you trust. A health care provider (doctor, nume, midw/flo) would be good start.
		200		<u> </u>	
				(3)	
		Growing Vour Family? Outling moking improves fertility	Baby on the Way? Quitting anothing will improve your health and your chances of having a	Baby on the Way? Cutting anothing will improve your insults and your criminal of histing a	Growing Your Family? Outing amoling improves fertility
		in both men and women, making it easier to become megnent. It also improves your classoes of having a	healthy baby.	seedfry baby.	in both men and overners, making it excited to become pregnant. It also improves your chances of basing a
1	3	healthy programmy and baby. Falls to a health care provider for	If you've this ining about cutting back or cutting, it's imposition to infer all was that work in you. When you've early, talk to surreceive you wind. A beside case you've colors or man, and he will be an expected objection cause, midentity result be good start.	If you've thinking about nothing back or quitting, it's important to find a way that works for you. When you're needs, talk to surrective you must. A	healthy prognancy and baby. Balk to a health care provider for
1	3	support.	health care provider (doctor, nurse, midwife) would be good start.	Typicar's framelog about or total registers or equipment of inspectation for final a or equipment, or inspectation for final a ready, talk to surrective specification. A neady care provided (control, more, middles) executed fine gozzal grant.	support.
		Baby on the Way?	Growing Your Family?	New Baby in the Family?	Baby on the Way?
		Quitting amoking will improve your health and your chances of having a	Quilting sampling improves feelfity is both men and women, making it	Quitting smoking pressure a healthing life for you, your partner and the	There are many benefits to quitting before or during programsy.
		meantly heby.	sector to become pregnant. It also improves your chances of having a healthy prognancy and baby.	Cashing sensing presents absorbibles to fee feet pays or partner and the badge, Your badge's locality for large a loss both weekly and quitting can also make it asserts for your partners to real of they are	Baby is more likely to be born at a healthy weight with strong organs Blenkhirz heart and lives for More
1	4	If you've thirting about cutting back or cutting, as important to find a way that would not you. When you've ready, is in increasing you than A health care growther (do then in much, as in the second of the property of the	lialik to a health care provider for support.	Vostor you what it takes. Start quitting today.	Healthier heart and lungs for More. Less visit of miscardage talk to a health care provider for
		midw/fe) would be good start.	•	•	advice about quitting or custing back.
			<u></u>		
		Baby on the Way?	Baby on the Way?	Baby on the Way?	Baby on the Way?
		Guitting smaking will improve your health and your chances of having a healthy baty.	There are many benefits to quitting before or daring pregrancy.	There are many benefits to quitting before or during pregnancy.	There are many benefits to quitting before or during programs;
_	_	Event's thinking about cutting back	 Baby is more lifely to be born at a healthy weight with strong organs leaking weight with strong organs leaking heart and langs for Morn Leaking an information 	 Baby is more likely to be born at a healthy weight softs stoney organs leakthyr beart and large for More beartisk of miscanlage 	 Baby is more likely to be born et a healthy weight voils storeg organs leabther beart and large for from Less risk of miscanlege
2	5	or quitting, it's important to first a way that consist for you. When you're energy talk the surreveney you treat. A health care provider (cochon mane, middelife) would have yourd	talk to a health care provider for advice wheat quitting or outing book.	talk to a health core provider for adding wheat quitting or systing back.	talk to a health care provider for advisor about quitting or curting back.
		start.			
			<u> </u>		
		Growing Vour Family? Quitting stroking improves feelility	Baby on the Way?	Growing Vour Family? Suiting smoking improves fertility	New Baby in the Family? Quitting unclaim means a healthing
		in both men and women, making it easier to become pregnant. It also improves your chances of having a	There are many benefits to quitting before or during programs; Beby is more likely to be born at a	is both men and warren, making it: excer to become pregnant. It also improves your chances of having a	Given y transaction of the earth of the first of the first poor partners and the fact, Was budy is less filled to have a low both wealth, and quinting can shortable these the good partners to call if they motion.
2	6	healthy prognancy and baby. Talk to a health care provider for	heading weight with storng organs • Healther heart and lungs for Mom • Less risk of reformage	lalk to a health care provider for	
_	U	support.	Talk to a health care provider for solution should quilt ing or curting back.	support.	Worker got refust it sakes Start quitting today:
		Ă			- P
		(3)			
		Baby on the Way?	Baby on the Way?	Growing Your Family?	New Baby in the Family?
		There are many benefits to quitting before or during programsy.	Quitting amoling, will improve your touth and your chances of hading a touthy buly.	Outlines smoking improves fertility in both men and women, making it.	
		 Bably is more likely to be born at a healthy weight with strong organs Healther heart and usage for Mon 	lealthy tably. Byovie thirking about cutting back	essier to become assegnant. It also improves your classors of leading a healthy programey and baby.	Qualitary streaming in early a benefitted. The feet you, you a variety and to their behality. West beliefy to be Nilledy to head to be all you would be easily and quinting can also make the second or your partition to qualify their process.
2	7	Less risk of miscarriage Talk to a health care provider for	If you've this idea, when it cutting back or custing, its important to find a way that not for you. When you've ready, take to remove you must. A beath near provider (dozine, ruse, the provider of the provider).	Talk to a health care provider for support.	to quild they smoon. Notice you what it takes, Start quilting today.
		addice about quitting or custing book.	midw/le) washi be good start.		•
		200	<u>্রে</u>		
		Baby on the Way?	Growing Your Family?	Growing Your Family?	Growing Your Family?
		There are many benefits to quitting before or during pregnancy.	Outstag smoking improves festility in both men and women, making it pages to the proven measured. If also	Suiting smoking improves fertility In both men and reamen, making it Index to him more research, it also	Quitting smoking improves fertility in both men and vormer, making it mover to be more measured. It also
		 Bably is more likely to be been at a healthy weight with strong organs I lead her beart and Jungs for More Lucy risk of infocarriage 	easier to trecome megnent. It also improves your charactes of having a healthy prognancy and baby.	mover to become pregnent. It also improves your cherces of having a healthy pregnancy and baby.	easier to become pregnent. It also improves your chances of having a healthy pregnancy and buby.
2	8	 Low-visit of infocurings talk to a health care provider for addisin wheat quitting or cutting book. 	Talk to a health care provider for support.	Balk to a health care provider for support	Talk to a health care provider for support.
		pusting back.			<u> </u>
					· Man

		New Baby in the Family?	Growing Your Family?	New Baby in the Family?	Baby on the Way?
		Quitting sensiting means a healthine foliotypes, your partner and the ladge. Went budy a best filled to have a low both weight and quitting can shounded it wave for your partner to quitting upon it.	Duriting smoking improves fertility is both mon and owners, making it sover in the more progners, it also improves your otherwise of faving a beauty prognersy and below.	Quitting smoking means a healthier to keep you, you parties and the budge, book beloy to localizely to be the parties of the parties of the desired of the parties of the parties of the could offer provide parties to could offer provide parties.	Cutting anothing will improve your health and goar chines of healing a healthy healy. If you've thinking about cutting back or quitting, it's important to find a
3	9	Notice you what it takes. Start guitting today.	Talk to a health care provider for support	Worker you what it takes. Start quitting to day.	way that rearis for you. When you're needy talk to surreven you trust. A health care provider (cooler, muse, midwife) would be good sort.
		Baby on the Way?	Growing Vour Family?	Baby on the Way?	Growing Your Family?
		Quitting smoking will improve your builth and your chances of hading a builty false; If you've thirlding about cutting back	Quitting smeking improves fertility is both men are reamen, making it movine to be some preparent. In disc, improves your charges of having a healthy programmer and balow.	There are unary benefits in quitting before or during programsy. Bubly is more lifely to be born at a healthy weight which turning argum. Bubly the heart and lung for thom.	Outling smoking improves fertility is both iron and women, making it receive to become prognant. It also improves your chances of having a leatify prognancy and baby.
3	10	or quitting, its important to find a way that work for you. When you've weby, link to servacine you it mut. A health care provider (doztor, name, without you want to provide or or without you want to provide or or settlement you want to provide or or and the contract of the provide or or who was the provide or whe was the provide or whe was the provide or who was the was the provide or	Talk to a health care provider for support.	Isolatine therat and usual for from Uses the of informatige talk to a health care provider for addise wheat quitting or cutting book.	Talk to a health care provider for support
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		Growing Your Family?	New Baby in the Family?	Baby on the Way?	New Baby in the Family?
3 11		Outling amoling improves fertility is both incr are ourner, maling it is soon to be compared to the control of	Qualities sensitive present absolution before you, you want and the lease you, you want and the lease was a sensitive property of the above between young and an above above your partners to qualify they write.	Times are usually leven for, or quilibring before or disring preparation; • body is more till by to be born at a handley weight with strong origins. • Leadher forest and stong for form	Outling smoling means a healther file for you, your partner and the basty, from bady is less little for larve a low birth weight, and quitting can absumable it seave for your partner to out if they smoot.
	11	hald to a health; saw provider for support.	Variety of a fluid at sears. Start quitting today.	Losses and or incurrange Table to be belieft on on proveder for other advance; quit trip as Outring book.	Notice good what is size. Gue! quitting boday.
		Baby on the Way?	New Baby in the Family?	New Baby in the Family?	Growing Your Family?
		There are many benefits to quitting before or during programs; Baby is more lifely to be born at a healthy explicit when or pure a healthy explicit values or pure.	Quitting sensing means a healthier file for you, your partner and the bady. Was hady in less filely to have a foreight set of partners and consistent of the partners of the partners of the partners for the part	Outling smoking means a healther filedary say, year partner and the balay. Was health year has health as a low both needed, and quitting can absorbed it needed for your partner to could filter provide.	Outling smoking inspresses festility in both mea and women, making it waiter to the cores enginetic. It also improves your chances of faving a healthy programmy and baby.
3	12	 Lectrisk of miscardage talk to a health core previder for whole about quitting or 	Worker got what it takes. Start quitting today.	Worker you ad ut it inkers. Shart quitting today.	Talk to a health care provider for support.
		conting bred.			
		New Baby in the Family?	Baby on the Way?	Growing Your Family?	Baby on the Way?
3	13	Dutting proving present healther fibbergs, you, you are men and the bady fixed play has filled pit have been also and a support of the party fixed play has filled pit have also received a few and the present party to your if they present party to your if they group and a fill a covery. Such you great play is a covery. Such you great play in a covery. Such you great play in a covery. Such you great play is a covery. Such you great play in a covery such as a covery such you want to be a covery such as	Quiting passion by all improve year souther will pass of year (freeze or thosing a world's) taking. If you've initiating about cutting back or springer, you reportance to the it are passion or the passion of the passion of the world's) and is unsured by principal. A souther can provide in cooking must studied by mortal or your passion.	Quiting synable processor for tilly is both one are convent, making it sower in his one proposed, it also services your observed sharing a bothly operating one to buy, tall to a health case provider for seporat.	Outling arrolaing oil improve your basils not your chanes of having a book by fully. If you've thinking a last carting facility or customer, and thinking a last carting facility or customer, this important to find a way that works for you. When you've mady, last loss externe your lorst. A basils case provide or doctor, curron, staffer-frowards to guest start.
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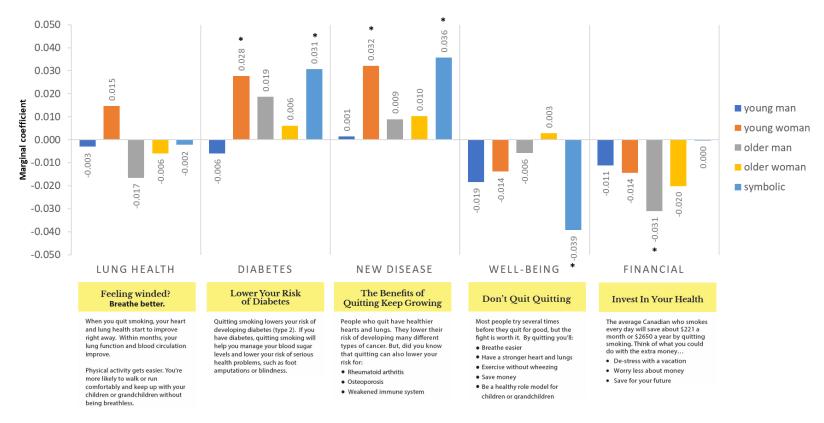


Figure S3. Interactions between message topic and image type; Results from DCE 1, general response efficacy messages (* p < 0.05 for contrast with the grand mean).

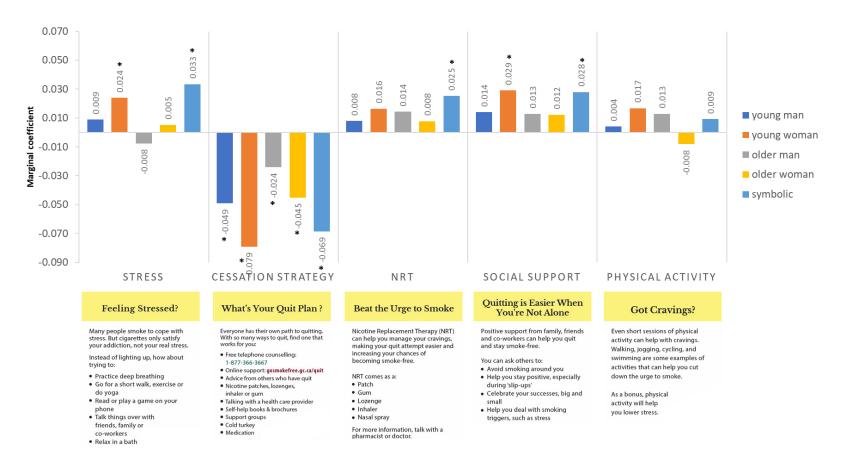


Figure S4. Interactions between message topic and image type; Results from DCE 2, general self-efficacy messages (* p < 0.05 for contrast with the grand mean).

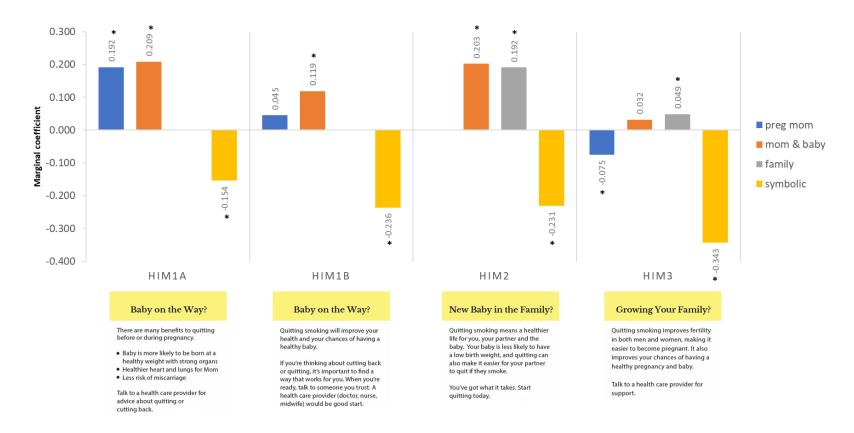


Figure S5. Interactions between message topic and image type; Results from DCE 3, reproductive health response efficacy messages (* p < 0.05 for contrast with the grand mean).