

Meet QuitBot.

The AI-powered chat tool that's scientifically-proven to help you quit, for good.

QuitBot is like having a virtual counselor on-demand, in your phone. The interactive chat-like app combines a scientifically-proven program to help you quit smoking with the latest AI-powered technology.

Quitting smoking is one of the most important health decisions you can make.

Cigna Healthcare® has teamed up with the Fred Hutchinson Cancer Center to offer QuitBot as part of your health plan to help you succeed. And today's a great day to get started.



Here's what to expect:

Step-by-step quit plan. QuitBot guides you through the quit process, with a structured quit plan, tailored to your needs.

24/7 support and answers. You can ask the virtual coach open-ended questions for expert-backed answers about quitting cigarette smoking.

Tools to manage cravings. Techniques to identify and handle triggers, based in behavioral science.

Personalized dashboard. Track your smoke-free days, the number of cigarettes avoided, and the health benefits of quitting.

Post-quit support. Understand withdrawal symptoms and what to expect as your body adjusts to stopping smoking.

96%

of participants completed
a three-month follow-up¹

63%

remain quit at 6 months¹



Download QuitBot app for free on the App Store or Google Play*

*App/online store terms and mobile phone carrier/data charges apply.

1. Bricker, Jonathan B., et al. "Conversational Chatbot for Cigarette Smoking Cessation: Results from the 11-Step User-Centered Design Development Process and Randomized Controlled Trial." JMIR mHealth Uhealth. July 24, 2023.

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