**National Cancer Institute Quit Pal App**

Free smartphone Interactive app, developed using proven quit strategies and tools to help change behavior and assist people with giving up smoking.

[**NCI QuitPal App**](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTMwMzE0LjE2NjQ0MjUxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDEzMDMxNC4xNjY0NDI1MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE3NDQ5NDg4JmVtYWlsaWQ9Ym9iYmFtQGRzaHMud2EuZ292JnVzZXJpZD1ib2JiYW1AZHNocy53YS5nb3YmZmw9JmV4dHJhPU11bHRpdmFyaWF0ZUlkPSYmJg==&&&100&&&http://howtomobile.apps.gov/2013/03/14/nci-quitpal-app/)