Welcome to Your New Freedom From Smoking® Online Premium Membership Account from the American Lung Association®

Before you get started, your employer should have provided you with:

- A link to your company’s dedicated Freedom From Smoking® Online homepage.
- A unique discount code to be entered during the registration process.

**STEP 1**

To start the registration process, go to your company’s dedicated Freedom From Smoking® Online homepage by clicking on the link provided to you by your employer.

**STEP 2**

Click on the red button labeled “Click Here to Register for Freedom From Smoking Online” at the bottom of the page.

**STEP 3**

You have arrived at the Membership Registration page. Under the section titled “Purchase this Membership,” enter your employer-provided discount code in the “Discount Code” field.
STEP 4

Under the section titled “Enter Registration Information,” enter your First Name, Last Name and Email Address in the appropriate fields.

Important Note: Please ensure that the information you have entered on this page is correct. You will not be able to change your First Name, Last Name or Email Address once you leave this page.

A unique email address must be provided for each person who enrolls in the program.

To proceed, click on the "Add to Cart and Checkout" button.

STEP 5

Finish entering your Contact Information on this page, making sure the mandatory fields marked with an asterisk (*) are filled in. Once you are done, click on the "Continue" button.

STEP 6

On this screen, simply click on the “Complete Checkout” button in order to complete the membership registration process. Print out the confirmation page for your records.

STEP 7

Check your email inbox. You should receive an email confirmation from “FFS Online Community.” This email contains your new username and a link to www.ffsonline.org where you can get instructions for getting your password and getting started.