

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Quitting tobacco for good can take a few tries...

GETTING SUPPORT CAN HELP YOU BE SUCCESSFUL!

- QUITLINE** Provides free 1-on-1 coaching and other resources: Call 1-800-QUIT-NOW
- TEXTING** Text **QUIT** to **47848** or join at smokefree.gov
Not ready to quit YET? Text **GO** to **47848** to "practice."
- APPS** smokefree.gov/tools-tips/apps
- WEBSITES** becomeanex.org – customized quit plan; support from others trying to quit or who have quit
smokefree.gov – customized quit plan plus live help, app and texting options available

*Talk with your doctor for support and to get a prescription for medication!

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.

Using medications can double your chances of quitting.

**MEDICATIONS ARE COVERED BY MOST INSURANCE...
even over-the-counter medications
if you have a prescription.**

MY PLAN to QUIT or CUT BACK:

My support(s): Quitline phone counseling Texting App

My medication(s): Chantix* Patch+gum/lozenge Zyban+patch
 Nicotine patch Nicotine gum/lozenge Nicotine inhaler*
 Nicotine nasal spray* Zyban

*free if you meet income guidelines. Call 844-989-7284.