

Quit Partner[™] is Minnesota's free way to quit nicotine, including smoking, vaping and chewing. We can support your quit with one-on-one coaching and other helpful tools. Whenever you need us, we're here to help 24/7.



RACK CARD (50 card bundle.)

FRONT





QUIT FOR GOOD. WE CAN HELP.

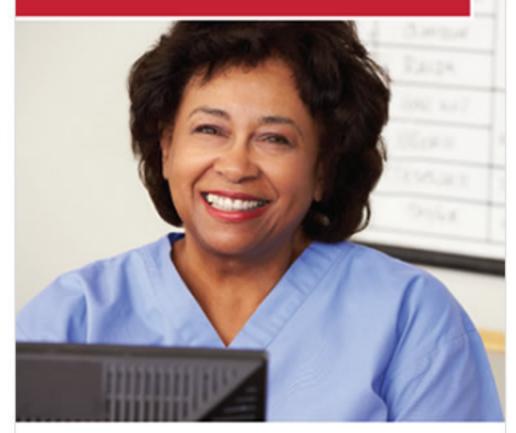


Our staff of nurses and certified tobacco counselors offer you FREE advice, addiction help, your own quit plan, cravings support, follow up, and more.

WE'VE HELPED THOUSANDS OF PEOPLE QUIT SMOKING. WE'LL HELP YOU, TOO.

BACK

LET'S START A CONVERSATION.





1-866-QUIT-YES 1-866-784-8937 Free calls 7a — 11p daily Access to more than 200 languages TTY: 1-800-501-1068 (Deaf & Hard of Hearing)



quityes.org Online support Chat with a counselor online



Like us on 😭 Follow us 🕒

READY TO QUIT? GREAT! WE CAN HELP!

QUIT DATE

CALL THE QUITLINE TO SET UP A

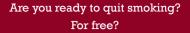


THEN BANA -YOU'RE TOBACCO FREE

SO, TAKE A DEEP BREATH.... YOU CAN DO THIS.



1.866.SD-QUITS www.SDQuitLine.com



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Call 800-QUIT-NOW or text READY to 200-400



800-QUIT-NOW (784-8669)

877-2NO-FUME (266-3863) en Español

877-777-6534 (TTY)

Text READY to 200-400

 $\frac{\text{Available}}{24/7}$

WiQuitLine.org You can quit. We can help.

RuitLine 800-QUIT-NOW

HELPING CONNECTIQUIT.









make your quit personal...

THINKING ABOUT QUITTING?

Here are some reasons:

- 1. You deserve to be free from tobacco!
- 2. Save money for something else—like a family vacation or a new car.
- 3. Enjoy a longer healthier life with family and friends.

What are your reasons -Let us help.

FREE HELP IS JUST A PHONE CALL AWAY

QUIT COACH[™]

When you call, your call will be answered by one of our Quit Coaches who are professionally trained to help you quit tobacco.

PERSONAL QUIT PLAN

With a Quit Coach, a personalized quit plan is created for you to be most successful.

QUIT GUIDES

Quit Guides are full of helpful tips and information to keep you on track.

QUIT MEDICATION

Worried about cravings? Your Quit Coach will help you decide if the nicotine patch, gum or other medication is best for you.

REFERRALS

Your Quit Coach can also refer you to local programs in your community.

1-800-QUIT-NOW (800-784-8669)







24 hours a day 7 days a week





Funded by the Connecticut Department of Public Health, an equal opportunity provider, with grants from the Centers for Disease Control & Prevention and the Connecticut Tobacco and Health Trust Fund.

HELPING CONNECTIQUIT.



CONNECTICUT OUITLINE I-855-DEJELO-YA



Me preocupa mi salud



Necesito más que fuerza de voluntad.

¿Estás pensando en dejar de fumar?

Te damos algunas razones para ayudarte a tomar la decisión:

- 1. Disfrutar de una vida más larga y saludable
- 2. Ahorrar dinero. Podrías disfrutarlo en vacaciones familiares o para un auto nuevo.
- 3. ¡Liberarte del humo y el vicio del tabaco!

Tienes muchas opciones...Permítenos ayudarte.

¡Llama hoy! La ayuda es gratis

CONSEJERO PROFESIONAL

Al llamar, te atenderá un **consejero** profesional adiestrado para ayudarte a dejar el hábito de fumar.

PLAN PERSONALIZADO

Tu consejero profesional te diseñará un plan para que logres dejar de fumar.

GUIAS DE AYUDA

Contarás con una serie de guías e información que te serán de mucha ayuda en el proceso de dejar de fumar.

MEDICAMENTOS

¿Te preocupa la ansiedad que pueda provocar dejar el tabaco? Existen métodos de ayuda como parches o chicles de nicotina, entre otros medicamentos. Tu consejero te ayudará a escoger el que mejor te convenga.

REFERENCIAS

Tu consejero también podrá referirte a programas en tu comunidad.

1-855-DEJELO-YA





24 horas al día 7 días a la semana





Financiado por el Departamento de Salud Pública de Connecticut, ofrece igualdad de oportunidades, con subvenciones de los Centros para el Control y Prevención de Enfermedades y el tabaco de Connecticut y el Fondo de Fideicomiso de Salud.



WHY SHOULD YOU USE THE MARYLAND TOBACCO QUITLINE, 1-800-QUIT-NOW?

It's FREE. It's CONFIDENTIAL. It WORKS.

- All services and materials provided by the Quitline are FREE.
- We respect your privacy and won't judge you. Many of our Quit Coaches™ have used tobacco themselves. We are here to support your choice to live healthier.
- We can help you quit any kind of tobacco use – cigarettes, cigars, or smokeless. We can even give you information to help someone you care about to quit.
- We're here whenever you need us. A real person will always answer the phone.
- We really **can** help you. People who call us are more successful in quitting.

OUR QUIT COACHES CAN HELP YOU ON YOUR PATH TO A HEALTHIER, TOBACCO-FREE LIFE TODAY!

the Maryland Tobacco Quitline today.

24 hours a day. **7** days a week.

QUIT NOW

and start enjoying a healthier you.



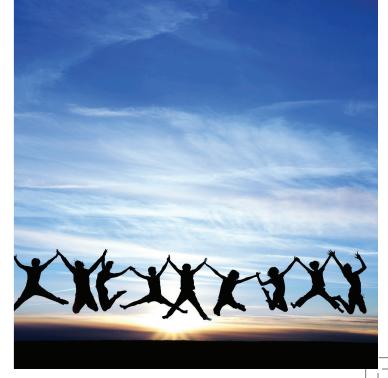
1-800-QUIT-NOW 1-800-784-8669 TTY: 1-877-777-6534 Servicios tambien en Español (Services also available in Spanish)

A FREE service brought to you by the Maryland Department of Health.





MARYLAND TOBACCO QUITLINE





THE MARYLAND TOBACCO QUITLINE: A FREE PROGRAM TO HELP MARYLANDERS QUIT TOBACCO USE...

...FOR GOOD!

The Maryland Tobacco Quitline will help you:

- Find out about the benefits of quitting.
- Set a quit date and make a plan just for you.
- Stick to your plan by giving you tips to help with cravings.
- Learn more about medicines that can help you quit.
- Find local classes or other support.

When you sign-up, you can schedule times that are good for you to talk with a Quit Coach™.

"WE QUIT, SO CAN YOU!"

VISIT WWW.SMOKINGSTOPSHERE.COM TO HEAR OUR STORIES.

FREE WAYS TO HELP YOU QUIT



Call 1-800-784-8669 to talk to a live Quit Coach[™] 24/7! Counseling is provided in English, Spanish, and other languages.



Go to www.SmokingStopsHere.com to learn more. Click on the "ENROLL ONLINE NOW" button for our Web Coach[™] program and find online tools and support from our Quit Coaches[™].*



Text Support – When you use our phone or online programs, you can also sign-up to receive text messages to provide you with extra support, encouragement, and tips.*



Mail – We will send guides with helpful advice for you or someone you care about who is trying to quit.



And More – While supplies last, we may be able to send the nicotine patch or gum directly to your home!*

*Services available for Marylanders 18 years and older



ARE YOU 13-17 YEARS OLD? -----

FREE Services are available by calling 1-800-QUIT-NOW.

- Our Youth Quit Coaches[™] will help you make a plan to quit and stay tobacco-free.
- All calls are private. If you'd like, guides to help you quit can be sent to you.



PREGNANT? -

We will help you quit while you're pregnant and stay tobacco-free after your baby is born.

• Our free program includes counseling with our Quit Coaches[™], mailed guides, and online* and text support.*

WE KNOW THAT QUITTING ISN'T EASY. HELP IS JUST A CALL OR CLICK AWAY. CHOOSE A COMBINATION OF SERVICES THAT WORKS BEST FOR YOU.

Smoking Causes Immediate Damage to Your Body.

You Can Quit. For Free Help, Call 1-800-QUIT-NOW.



U.S. Department of Health and Human Services Centers for Disease Control and Prevention www.cdc.gov/tips

YOU CAN QUIT.

The PA Free Quitline helps you quit for good; one-third of callers quit and stay quit.

Take the first step and call. Customize your own quit plan. Get free personalized coaching sessions. You may also get free Nicotine Replacement Therapy (patches, gum or lozenges) Sign up for services online, too.

With each counseling session you complete, you increase your chances of quitting for good. **You can quit.**



1-800-QUIT-NOW (1-800-784-8669) 1-855-DÉJELO-YA (1-855-335-3569)

https://pa.quitlogix.org/

YOU CAN QUIT TOBACCO

1-800-QUIT-NOW (1-800-784-8669)



www.QuitNowNH.org

FREE gum, patches, and lozenges delivered to your home at no cost if you enroll in coaching sessions.



Spanish: 1-800-833-5256 TTY/TTD: 1-800-833-1477

Interested in Getting Help to Quit Smoking/Vaping?

Call your local Quit Center today or visit www.tobaccofreenj.com/quit-smoking to learn more.

Enrolled clients of the Quit Center may qualify for free NRT/Patches as part of their treatment plan.

Hackensack Meridian - Passaic County Community Smoking Cessation Treatment Center (CSCTC) 551-996-1632 Quitcenter@hackensackmeridian.org

Hackensack Meridian - Hudson County Community Smoking Cessation Treatment Center (CSCTC) 551-996-1632 Quitcenter@hackensackmeridian.org

> RWJBH IFPR Quit Center - Essex 732-837-9416 Quitcenter@rwjbh.org

RWJBH IFPR Quit Center - Union 732-837-9416 Quitcenter@rwjbh.org

RWJBH IFPR Quit Center - Middlesex 732-837-9416 Quitcenter@rwjbh.org

RWJBH IFPR Quit Center - Mercer 732-837-9416 Quitcenter@rwjbh.org



RWJBH IFPR Quit Center - Monmouth 732-837-9416 Quitcenter@rwjbh.org

RWJBH IFPR Quit Center - Ocean 732-837-9416 Quitcenter@rwjbh.org

Atlantic Prevention Resources Quit Center Atlantic County 609-804-QUIT Quitcenter@atlprev.org

Inspira Quit Center - Gloucester County 856-641-8633 Quitcenter@inh.org

Inspira Quit Center - Cumberland County 856-641-8633 Quitcenter@inh.org

Inspira Quit Center - Salem County 856-641-8633 Quitcenter@inh.org

Cape May County Quit Center at Cape Assist 609-522-5960 Quitcenter@capeassist.org

What if I do not want to be contacted by the Quitline? You may

opt out of the program at any time, by letting the Quitline know.

Are languages other than English

available? Yes. Phone services are available in English, Spanish and other languages using a translator. Information in English and Spanish is also available at www.nysmokefree.com.



Call us 1-866-NY-QUITS (1-866-697-8487) **www.nysmokefree.com**



Check out the New York State Quitline on... f 🍞 (ා 🌆

Developed by Roswell Park Cessation Services based in Roswell Park Comprehensive Cancer Center, Buffalo, NY

Opt-to-Quit^{™*}

A patient program offering information and assistance for tobacco users.

A New York State Quitline Service 1-866-NY-QUITS (1-866-697-8487) www.nysmokefree.com

*This program is brought to you by Roswell Park Cancer **Institute**



What is Opt-to-Quit[™]? A program with your healthcare provider and the New York State Quitline that ensures all tobacco using patients are offered help to become or stay tobacco free.

How does the Quitline know how to contact me? Your healthcare provider will refer you to the Quitline. The information sent to the Quitline is used to contact you, describe our free services and offer you help to guit or stay guit. Your information will not be shared and is kept secure and confidential.



What will the Quitline offer me? A range of services...



Coaching by specially trained Ouit Coaches.

Nicotine replacement therapy for those who are eligible; most qualify.



Mailed and downloadable materials.



Online information, texting, a social community and other web tools.



Information about covering costs for stop smoking medications.

"We are here to help, and we care." Felicia, Quit Coach

QUIT TOBACCO ONCE AND FOR ALL

LET US HELP YOU QUIT TOBACCO FOREVER.

Thinking of quitting tobacco? Good for you. Calling the Maine QuitLink is the first step to making your life better.





GOOD FOR YOU!

Quitting tobacco is the most important thing you can do for your health. The sooner you quit, the sooner your body feels better and your health improves.

- In 24 hours, you reduce your chance of a heart attack.
- In 48 hours, you will be able to smell and taste better.
- In 2 weeks-3 months, you will start to breathe easier.
- In 1–9 months, you will have more energy and not be as tired.

QUITTING IS A PROCESS.

Be patient with yourself. Nicotine is very addictive and the main reason tobacco is so hard to quit.

Common withdrawal signs include:

- craving nicotine
- feeling depressed
- anxiety
- anger
- increased appetite or weight gain
- hard time focusing

You will crave nicotine the first couple of weeks. Don't worry, it will get easier.

MEDICATION CAN HELP.

Nicotine Replacement Therapy (NRT) can help increase your chances for success.

- NRT are patches, lozenges, and gum.
- NRT can help reduce withdrawal symptoms.
- Ask your doctor if NRT is right for you.
- Enroll with the Maine QuitLink to access free quit medications.

HAVE A PLAN.

Your success depends on planning well.

GET READY

- Make a list of your reasons for quitting.
- Ask friends and family who use tobacco not to use tobacco when they're around you.
- When and why do you use tobacco?
 - What are your triggers?
 - How can you get through these?
- Decide if you will use tobacco treatment medications.
- Call the Maine QuitLink and they will help you create a quit plan just for you.

GET SET

- Your chances of quitting improve with help from your doctor, family, and friends.
- Join a support group or cessation program.

GO

• Each try is a success and gets you closer to quitting for good. You can do it!

YOU CAN Do IT!

Quitting is a process. For some people, it can take many tries so even if you've called before, the Maine QuitLink has phone and digital services to help you quit your way.







IT'S FREE, CONFIDENTIAL, AND IT REALLY WORKS.



References to tobacco in this document refer to commercial tobacco use, not the sacred and traditional tobacco used by American Indian communities.

















We can help you triple your chances of quitting for good.

The Delaware Quitline offers invaluable support, resources and encouragement. We have one goal: to ensure that you quit for good. Choose your path, and we'll be with you every step of the way.

Call 1-866-409-1858 to enroll.

From there, you'll pick which counseling option is right for you:













Take the first step toward a nicotine-free life Call 1-800-QUIT-NOW or enroll online at mass.gov/quitting

We can help you stop smoking, vaping, or using other tobacco products

Free one-on-one coaching to develop a quit plan that's right for you

Judgment-free phone, email, and text support to help you stay on track

You may be eligible for free quit medicines (patches, gum, or lozenges) delivered to your door



Make smoking history.



Massachusetts Department of Public Health

TC3489 English 09/2021

MICHIGAN TOBACCO QUITLINE 1.800.QUIT.NOW 1.800.784.8669 michigan.quitlogix.org

It's never too late to QUIT smoking.





LEARN MORE

Take a deep breath, you CAN quit!

Designed by Maryellen Cusick

YOU CAN QUIT TOBACCO & NICOTINE **NDGuits**

Free yourself from tobacco and nicotine dependence with **FREE** and confidential coaching and services from NDQuits.

NDQuits helps you quit:

- Smoking
- Using chew, snus, or snuff
- Vaping

NDQuits helps you gain more control of your health, your choices, and your life.

Quit Your Way. We're here to help.

A variety of tools and services for quitting are available by phone, online, or in combination for your maximum benefit. Whether online or by phone, you will have the support of a professional NDQuits coach to increase your success. They will help build your self-confidence and belief in your ability to quit.



Make your plan to quit today with these services.

NDQuits Coach

Your NDQuits coach can offer help, advice, encouragement, support, and reliable health information — without hassles or pressure. Throughout the quitting process, you can use online chat sessions, or receive regular phone calls from your NDQuits coach at your convenience.

24/7/365 Support

Get round-the-clock support from quit coaches who can help with quit tips and encouragement.

Free Nicotine Replacement Products

You may qualify for free nicotine replacement patches, gum, or lozenges. WARNING: E-cigarettes, vaping devices, nicotine pouches, or any kind of electronic nicotine delivery systems are not FDA-approved for tobacco cessation.

Recorded Messages

Listen to available recorded phone messages about a variety of topics, such as dealing with withdrawal symptoms and managing triggers.

Email Quit Tips

Get helpful daily tips, including changing your routine, being aware of your triggers. or preparing healthy snacks to help with your cravings.

NDGuits 1-800-QUIT-NOW (1-800-784-8669) hhs.nd.gov/ndquits



Tobacco Use is Expensive. Quitting is Free.

Get free, confidential support & nicotine replacement therapy.*

Working together to support your quit.



Nebraska Tobacco Quitline callers discuss wants, needs and can enroll in our services.



Callers receive a **free** coaching session with a trained Quitline coach.



Callers and their coach create a personalized quit plan.



Callers can be mailed **free** nicotine replacement therapy.

NEBRASKA TOBACCO QUITLINE Call or go online now for free 24/7 support and quit resources.

1-800-QUIT-NOW (784-8669) **1-855-DÉJELO-YA** (335-3569)

*To qualify for the over-the-counter nicotine replacement therapy (gum, patch or lozenge), the caller must be a Nebraska resident over the age of 18 who is ready to quit, register with the Quitline and complete one coaching session. Callers will also be screened for medical eligibility. Offer available while supplies last. Funding for this offer is provided by the Nebraska Department of Health and Human Services as a result of the Tobacco Master Settlement Agreement.



Ohio Tobacco Quit Line

Telephone counseling to help you quit smoking and/or the use of other tobacco products, including electronic cigarettes.

> Available 24 hours a day, 7 days a week.

Your choice of nicotine patches, gum or lozenges sent directly to your home.*

And it's all free. For everyone in Ohio.

Call 1-800-QUIT NOW (1-800-784-8669) to start your journey to a tobacco-free life, today.

There are so many reasons to quit. What's yours?

What to expect when you call the **Ohio Tobacco Quit Line**

Your call will be answered by a quit coach that has been trained to help people guit smoking.

You will be asked a series of questions about your tobacco use history. You don't need to have health insurance to participate, but if you do we'll ask you for the name of your carrier.

We must ask you a few personal questions to better help you. Know that you don't have to answer a question if you are uncomfortable.

A counseling session takes place during your first call. There are a total of five scheduled sessions. BUT you can call anytime you need a little extra help, such as during a craving. Call as many times as you like, any time of day 24/7.

Counseling calls will be scheduled at a time that's best for you. There is no set length of calls, so all calls are scheduled within a three hour window.

Calls from the Ohio Tobacco Quit Line show up as 855-261-2640. Please program this number in your phone so you don't miss our calls. If you do miss a call, you can always call us!

Choose **FREE** nicotine replacement therapy to be shipped directly to your home. We'll ask you some health questions to be sure you are able to use it.

You can sign up to receive text messages to help keep you motivated as you quit.

We will call you in about 7 months to check in. Please answer and tell us how you're doing. We'll also want to hear your thoughts about our program and any improvements we can make.

Thousands of Ohioans have guit with help from the Ohio Tobacco Quit Line and YOU can too! To begin your guit journey, call 1-800-Quit-Now.





QUIT TOBACCO.

No matter how long you have used it. Your body will thank you.

QUIT TOBACCO AND

- Lower your risk of developing 12 types of cancer.
- Reduce your risk of coronary heart disease.
- Improve your lung function especially if you have chronic obstructive pulmonary disease or asthma.
- Lower the nicotine level in your blood to zero within 24 hours.
- Decrease coughing or shortness of breath in the following months.



Be tobacco free. Want help?



Puerto Rico Quitline 1-877-335-2567

https://www.salud.gov.pr/menuInst/download/1310

Reference: Centers for Disease Control and Prevention, Smoking and Tobacco Use. Retrieved 12/2022



TMF Quality Innovation Network

This material was prepared by TMF Health Quality Institute, a Quality Innovation Network-Quality Improvement Organization under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 1250W/TMF Health Quality Institute/Quality Innovation Network-Quality Improvement Organization-1250W-QINQIO-CC-22-67-12/12/2022



QUIT TOBACCO.

No matter how long you have used it. Your body will thank you.

QUIT TOBACCO AND

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- Decrease coughing or shortness of breath in the following months.



Be tobacco free. Want help?



U.S. Virgin Islands/National Quitline 1-800-784-8669 <u>https://doh.vi.gov/tobacco</u>

Reference: Centers for Disease Control and Prevention, Smoking and Tobacco Use. Retrieved 12/2022





This material was prepared by TMF Health Quality Institute, a Quality Innovation Network-Quality Improvement Organization under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. TSOW/TMF Health Quality Institute/Quality Innovation Network-Quality Improvement Organization-12SOW-OINQIO-CC-22-67-12/12/2022 Ready to quit smoking or vaping nicotine? Free help is available in Rhode Island.



Counseling by phone + NRT can double your chances of quitting.

Free, safe, and effective services are available to reduce nicotine dependence and quit for good.

- The Rhode Island Nicotine Helpline (1-800-QUIT-NOW)
 - Get free counseling sessions by phone and online support.
 - Certified Tobacco Treatment Specialists will coach you to quit smoking, quit vaping, manage nicotine cravings, and more using winning strategies!
- Free Nicotine Replacement Therapy (NRT) in two-week supplies or more are designed to safely REDUCE nicotine dependence.
 - NRT is available to eligible callers as patches, gum, or lozenges (while supplies last).
 - NRT is clinically proven as safe and effective by the FDA for quit support.

Vaping and e-cigarettes are not approved as safe for treating nicotine addiction, should never be used by persons younger than 26, and are never safe for pregnant women, or other adults who have never smoked or used tobacco.





Improve your success in quitting tobacco with 802Quits

Find help and support, tips, tools and quit medications. Keep trying until you find what works for you.

Quit Your Way

By Phone



1-800-QUIT-NOW

One-on-one coaching (for age 13 and older)

FREE

Coaches 24/7 Email and text support

Free Quit Medications Annually 16 weeks of patches or gum or lozenges OR

8 weeks of patches AND gum or lozenges

Ordered by your Quit Coach

In Person

VT Quit Partners Small group peer support (for age 18 and older)

FREE

Available throughout the state. Weekly meetings of 4-6 weeks

Free Quit Medications Annually 16 weeks of patches or gum or lozenges OR

8 weeks of patches AND gum or lozenges

Ordered by your VT Quit Partner

Online



802Quits.org

You navigate your quitting (for age 13 and older)

FREE

Quit on your own, with help from online tools and resources like chat rooms

> Free Quit Medications Annually

4 weeks of patches or gum or lozenges

OR

2 weeks of patches AND gum or lozenges

You order online



VERMONT DEPARTMENT OF HEALTH 1-800-QUIT-NOW | 802quits.org

Find the path that's right for you.

Free quit tools help you stay strong. Request stress balls, worry stones, distraction putty and more at **802quits.org/fun-quit-tools**.