



# THINKING ABOUT QUITTING TOBACCO?

**FREE PHONE SUPPORT CAN HELP**

*All Minnesotans have access to phone support.  
And there's no cost to you – whether you're  
covered by an insurance plan or not!*

# PHONE SUPPORT IS FREE AND CAN HELP YOU QUIT TOBACCO

*People who use phone support are more likely to be successful at quitting than those who try on their own.*



## COACHES WILL HELP YOU MAKE A PLAN TO QUIT

A coach will help you develop a plan that fits your situation. Through a series of phone calls — scheduled when you want — they will help you work through cravings and stresses as you quit.

## IT WORKS WITH MEDICATIONS, LIKE PATCHES AND GUM.

Quit coaches can answer any questions you might have about medications, such as the patch, gum or lozenge, and will work with you to fit them into your quitting plan. Support from a trained quit coach, in combination with these medications, increases quitting success even more. Medications can be prescribed or are available at your local drugstore.

## IT'S PRIVATE

The same laws that protect your medical information also protect any personal information you provide.



# IT'S EASY TO GET STARTED

*Getting connected to phone support is easy, and  
there's more than one way to get started.*



## TALK TO YOUR HEALTH PROFESSIONAL ABOUT GETTING HELP

Doctors, dentists, therapists, or other community health specialists and partners can refer you to phone support.

**OR CALL 1-800-QUIT-NOW  
(1-800-784-8669)  
TODAY TO GET STARTED**



# QUITTING IS HARD, BUT IT IS POSSIBLE

## KEYS TO SUCCESSFUL QUITTING



Set a quit date.



Use quit medications effectively.



Learn how to cope with urges to use tobacco.



Remove tobacco products from your surroundings.



Get support from family and friends.

Address Line 1

Address Line 2

Phone xxx-xxx-xxxx

*email@address.com*

**Visit [www.health.mn.gov/quit](http://www.health.mn.gov/quit) to learn more.**

*This information is provided by the Minnesota Quitline Network, which is administered by the Minnesota Department of Health and supported by Minnesota's Tobacco Quitlines, a collaboration among Minnesota's major health plans (Blue Cross and Blue Shield of Minnesota, HealthPartners, Medica, PreferredOne and UCare) and ClearWay Minnesota<sup>SM</sup>.*