It's hard to quit smoking.

But taking the first step is easy.
Here’s how

Good news! Now everyone in Minnesota can take advantage of a stop-smoking program that offers personal support. There’s no cost to you — whether you’re covered by a health plan or not. And even better, research shows that you’ll be much more likely to succeed when you use a phone counseling program. Everyone has a number — call today to get started.

Minnesota’s Tobacco Phone Counseling Programs

If you have one of these health plans, call the number listed:

- Blue Cross® and Blue Shield® of Minnesota and Blue Plus®
  1-888-662-BLUE
- CCStpa
  1-888-662-QUIT
- HealthPartners
  1-800-311-1052
- Medica
  1-866-905-7430
- PreferredOne
  1-800-292-2336
- UCare
  1-855-260-9713

For everyone else:

- QUITPLAN® Services
  1-888-354-PLAN (7526)
  www.quitplan.com

TTY and language interpretation available through most phone counseling lines.