

Quit Smoking

FREE help available



*Most people who smoke want to quit.
The good news is: **they can!***

Free help for Minnesotans

Medical Assistance and MinnesotaCare

Counseling and medications like patches, gum, nicotine inhalers, and nasal spray, as well as Bupropion and Chantix[®], are 100% covered!

Talk to your doctor about quitting and get the right help you need to quit for good.

QUITPLAN[®] Services

Sign up for the Helpline or take advantage of individual services like free starter kits with patches, gum, or lozenges, or tools like text messaging, email, and a quit guide.

Visit quitplan.com or call 1-888-354-7526.

A few benefits of quitting

- Looking and feeling better
- Protecting family, friends, and pets from dangerous secondhand smoke
- Saving money

Tips to help you quit

- **Set a quit date.**
- **Tell your family and friends** your plan to quit. Share your quit date and ask for support. A daily call, email, or text can help you stay on course and provide moral support.
- **Be prepared for challenges.** The urge to smoke is short — usually only 3 to 5 minutes. Before your quit day, write down healthy ways to cope:
 - Drink water.
 - Go for a walk.
 - Call or text a friend.
- **Remove cigarettes and other tobacco** from your home, car, and workplace.
- **Talk to your pharmacist, doctor, or quitline coach.** Nicotine patches, gum, or other approved quit medication can help with cravings.

For more information

- **Minnesota Department of Health**
<http://www.health.mn.gov/quit>
- **QUITPLAN® Services:**
<http://www.quitplan.com>



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

Visit us at www.health.state.mn.us

To obtain this information in a different format, call 651-201-5414. Printed on recycled paper. 8/19