






Name: _____ Date: _____

Quitting Aids

You may want or need extra support when you choose to quit smoking. There are many programs and resources to help you stay committed to quitting.

- Talk with your doctor or healthcare provider. Medicaid and many insurance plans cover tobacco cessation aids
- Free Quit help via phone, web and text
 - Call 1-800-QUIT-NOW
 - Logon to equitnow.com
 - Smokefree.gov: Text QUIT to 47848
- Nicotine replacement therapy
 - Call 1-800-QUIT-NOW to see if you qualify for free nicotine replacement therapy products
- Follow smoke free social media accounts:
 - Quit Now Indiana: @quitnowindiana on  
 - Smokefree.gov: @smokefreeus on   
- Smoke free apps
 - Smokefree.gov: quitSTART app and QuitGuide app



Write a message to your future smoke free self. What would you thank yourself for? How do you want to feel in the future?

Tips for Quitting Smoking



Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) or log on to equitnow.com for free, personalized support.