



QUITPLAN®

For even more help, QUITPLAN® Services offers a wide variety of **free** tools to help all Minnesotans quit.



TEXT MESSAGING

Tips, tools and advice delivered right to your phone.



STARTER KIT: PATCHES, GUM OR LOZENGES

Receive two weeks of free patches, gum or lozenges.



EMAIL PROGRAM

A series of emails full of tips and encouragement.



QUIT GUIDE

A practical and useful Quit Guide to help you build your plan to quit.



HELPLINE

One-on-one phone coaching including texts, emails, patches, gum or lozenges and a welcome kit.

**TO LEARN MORE VISIT QUITPLAN.COM
OR CALL 1-888-354-PLAN.**

YOU CAN AFFORD TO QUIT SMOKING



**FREE HELP THROUGH
MEDICAL ASSISTANCE**

This publication is made possible with support from the Minnesota Department of Health and the Centers for Disease Control and Prevention.

QUITTING IS HARD

BUT IT IS POSSIBLE

KEYS TO SUCCESSFUL QUITTING

- 1 SET A QUIT DATE.
- 2 USE QUIT MEDICATIONS EFFECTIVELY.
- 3 LEARN HOW TO COPE WITH URGES TO USE TOBACCO.
- 4 REMOVE TOBACCO PRODUCTS FROM YOUR SURROUNDINGS.
- 5 GET SUPPORT FROM FAMILY AND FRIENDS.

HELP IS FREE

MEDICAL ASSISTANCE & MINNESOTACARE COVER COUNSELING AND THE FOLLOWING MEDICATIONS:

- PATCHES
- GUM
- LOZENGES
- NICOTINE INHALER
- NICOTINE NASAL SPRAY
- BUPROPION
- CHANTIX®

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

If you want to use free medication, be sure to get a prescription.



BENEFITS OF QUITTING

QUITTING CAN:



SAVE YOU MONEY

If you smoke a pack a day, quitting can save you over \$50 per week.



HAVE LONG-TERM BENEFITS

Quitting reduces your risk of cancer and stroke.

AFTER QUITTING FOR:



The carbon monoxide level in your blood drops to normal.



Your chance of having a heart attack drops.



Your circulation improves and your lungs work better.



Your risk of heart disease drops by half.