



TOBACCO TAKES....

YOUR HEALTH....Tobacco is not just harming your health. It is hurting your family, friends and co-workers. By smoking, you are exposing the ones you love to the harmful effects of secondhand smoke.

YOUR TIME....Think of all the time you spend planning where you can smoke a cigarette. Think how much less stress there will be when you don't have to worry about where you can smoke.

YOUR MONEY....The average tobacco user spends between \$2,000 and \$3,000 a year on tobacco. What could you have done with that money instead?

When you're ready to quit tobacco, we can help you make a plan. We have helped thousands of people quit and stay quit.

**CALL US AT 1-800-QUITNOW
(1-800-784-8669) OR
TEXT READY TO 34191 FOR
MORE INFORMATION.**

HEALTHCARE PROVIDERS

We can help you help your patients quit. Healthcare providers may refer patients to the Quitline through the online or fax referral programs. Go to QuitNowAlabama.com for more information.

HOURS OF OPERATION

We are open every day from 6 a.m. to midnight. Voice mail is available. Access the Web site 24-7. Scan below for additional information.



1.800.QUITNOW
QUITNOWALABAMA.COM

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**YOU KNOW
IT'S TIME TO
QUIT.
HERE'S HOW
WE CAN HELP.**

FREE call.
online site.
coaching.
nicotine patches.*

*If medically eligible and enrolled in coaching

1.800.QUITNOW
QUITNOWALABAMA.COM



WHEN YOU'RE READY TO QUIT TOBACCO, WE CAN HELP.



The Alabama Tobacco Quitline is a FREE telephone and online coaching service for any Alabamian who is ready to quit tobacco. Information, referrals and coaching are confidential. Set your coaching schedule for times that are convenient for you.



**CALL 1-800-QUITNOW (1-800-784-8669),
TEXT READY TO 34191, OR VISIT
QUITNOWALABAMA.COM FOR MORE INFORMATION.**

HERE'S HOW WE CAN HELP:



The Alabama Tobacco Quitline offers a free personalized plan from an experienced quit coach who can help you with tips and support that increase your chances of quitting for good.

It's a free call. It's a free Web site.

In addition, you may be eligible for free nicotine patches* to help you quit.

THE ALABAMA TOBACCO QUITLINE OFFERS:

- Up to 4 scheduled coaching calls with a trained tobacco cessation coach
- Free patches for qualified participants
- Live chat online with a coach
- Email and text messaging
- Bilingual (Spanish speaking) staff
- Services available for the deaf or hard-of-hearing caller

*Callers and online users must be enrolled in the free coaching program and be medically eligible to receive the free patches. *Medicaid and Plan First clients will be directed to their insurance plans to cover medication treatment.