



You can quit.

We can help.

We're glad you are thinking about quitting tobacco.

This packet includes information about ASHLine and some of the benefits of quitting.

Remember that ASHLine is free quit tobacco coaching. We can help you make a plan to quit and stick with it. You can think of your coach like a personal trainer for quitting.

You can work with us on the phone and over the web at www.ashline.org/webquit.

Coaches are here 7am-8pm Monday – Thursday and 7am-6pm Friday. You can listen to quit tips 24 hours a day 7 days a week.

WebQuit is available 24 hours a day 7 days a week.

We also offer a quit tobacco medication assistance program. Please call us to find out about the medications we offer you or medications you may receive through your health plan.

You can receive up to 6 months of coaching from ASHLine – you can tell us how often you would like to hear from us and how we can help you with quitting smoking in each call. We're here to listen.

You can quit. We can help.

ASHLine

800-556-6222

www.ashline.org



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