



You can quit.

We can help.

Congratulations on your decision to quit tobacco!

Let's go over some of the things we talked about in your first call.

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.

If you would like to use medication to help you quit ASHLine may be able to send 2 weeks of nicotine patch, gum, or lozenge. You will choose your medication on your next call with ASHLine. If you have health problems (like a recent heart attack, chest pains, or an irregular heartbeat) we may need a note from your doctor that says it's OK for us to send you medication. You should receive your medication in the mail about a week after that. **Medication is not included in this packet.**

If you have an AHCCCS health plan we have included a special note in this packet that explains how to get your medication.

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.

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ASHLine

800-556-6222

www.ashline.org



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