

KOJ YEEJ TSO TSEG LUAM YEEB TAU

KEV TSO TSEG YEEJ NYUAB

TAB SIS NWS UA TAU

— TXOJ HAU KEV RAU —
TSO TSEG LUAM YEEB

- 1 TEEM IB HNUB YUAV TSO TSEG.
- 2 SIV COV TSHUAJ PAB THUM LUAM YEEB KOM TAU HAUJLWM.
- 3 KAWM KOM PAUB TSWJ TUS KHEEJ THAUM NQHIS LUAM YEEB.
- 4 TSHEM TEJ LUAM YEEB TAWM NTAWM KOJ IB CAG MUS.
- 5 MUS MUAB KEV PAB LOS NTAWM TSEV NEEG THIAB TEJ PHOOJYWG.

KEV PAB DAWB XWB

MEDICAL ASSISTANCE &
MINNESOTACARE DUAV COV KEV
PAB TAWM TSWV YIM THIAB COV
TSHUAJ NRAM QAB NO:

- NTAUB LO
- KHO NOOM YAS
- TSHUAJ UA LUB
- LUB TSHUAB NQUS PA LUAM YEEB
- LUB TSHUAB TXAU PA LUAM YEEB QHOV NTSWG
- TSHUAJ BUPROPION
- TSHUAJ CHANTIX®

Nrog koj tus kws kho mob tham txog kev tso tseg luam yeeb thiab kom tau kev pab uas thwj koj los tso tseg kev haus luam yeeb.

Yog tias koj xav siv tshuaj dawb, nco ntsoov hais kom muab daim ntawv sau mus yuav.



TAU KEV PAB DAWB RAWN MEDICAL ASSISTANCE.

KOJ YEEJ TSO TSEG LUAM YEEB TAU



TEJ YAM ZOO NTAWM KEV TSO TSEG

Yog xav tau kev pab ntau tshaj no, QUITPLAN® Cov Kev Pab muaj ntau hom cwj pab dawb **los pab kom pej xeem Minnesota tso tseg tau.**



NTAUS NTAWV XA TUAJ (TEXT MESSAGING)*

Lus qhia, cwj siv thiab tawm tswv yim qhia ncaj qha rau koj lub xov tooj.



KHOOM SIV (STARTER KIT): NTAUB LO (PATCHES), KHO NOOM YAS LOS YOG TSHUAJ UA LUB (LOZENGES)

Tau txais cov khoom pub dawb txaus siv ob lub lis piam xws li ntaub lo, khob noom yas thiab tshuaj ua lub.



QHOV KEV SAU EMAIL (EMAIL PROGRAM)*

Ib co ntawv email muaj lus qhia thiab lus txhawb zog.



LUS QHIA KOM TSO TSEG (QUIT GUIDE)*

Muaj Cov Lus Qhia Tso Tseg (Quit Guide) uas siv tau thiab pab tau los mus pab koj tsim koj daim hom phiaj ua kom tso tseg.



TUS XOV TOOJ PAB CUAM

Kev cob qhia hauv xov tooj ib leeg-tauj-ib leeg yuav muaj xws li sau ntawv*, emails*, ntaub lo, khob noom yas los yog tshuaj ua lub thiab ib hnab khoom txais tos*.

*Muaj ua lus Askiv thiab lus Mev nkaus xwb.

YOG XAV PAUB NTXIV, MUS SAIB QUITPLAN.COM LOS YOG HU RAU 1-888-354-7526 CES HAIS KOM MUAB IB TUG NEEG TXHAIS KOJ HOM LUS NROG KOJ THAM.

KEV TSO TSEG LUAM YEEB YUAV:



PAB KOJ TXUAG NYIAJ

Yog tias koj haus ib pob luam yeeb ib hnuv, ces tso tseg yuav txuag tau \$50 tauj ib lis piam rau koj.



YUAV MUAJ NTAU YAM PAB TAU MUS NTEV

Kev tso tseg yuav txo koj txoj kev tau mob khees-xaws thiab mob rauj.

TOM QAB TSO TSEG RAU:



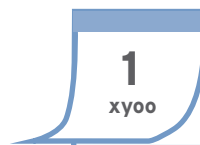
Cov pa carbon monoxide hauv koj cov ntshav yuav poob rov qab los rau qhov siv tau.



Koj txoj kev muaj feem mob plawv nres yuav muaj tsawg.



Koj tej roj ntsha yuav khiav zoo thiab koj ob lub ntsws yuav ua haujlwm zoo dua qub.



Koj txoj kev muaj feem tau kab mob plawv yuav tsawg ib nrab.