



## 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](http://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:



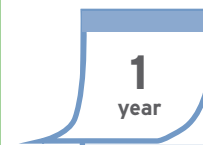
The carbon monoxide level in your blood drops to normal.



Your chance of having a heart attack drops.



Your circulation improves and your lungs work better.



Your risk of heart disease drops by half.