

GETTING STARTED WITH
QUITPLAN® SERVICES IS SIMPLE.



Call us at 1-888-354-PLAN (7526)
to sign up for any of our services.
Available 24/7.



Sign up for any of our services
online at quitplan.com.



Not ready to sign up yet?
Visit quitplan.com for tips, tools
and information to help you quit
your own way.

 **QUITPLAN**
1-888-354-PLAN (7526)
quitplan.com

Para ayuda español, llámenos
1-855-DEJALO-YA (335-3569)
TTY 1-877-777-6534

ClearWay
MINNESOTA

Two Appletree Square
8011 34th Avenue South
Suite 400
Minneapolis, MN 55425

QUITPLAN® Services is funded by ClearWay Minnesota™.
For more information, visit clearwaymn.org or call 952-767-1400.
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**QUIT
YOUR
OWN
WAY**


QUITPLAN



INDIVIDUAL QUITPLAN® SERVICES

A tailored program to fit your needs. Register for any or all of the Individual QUITPLAN Services listed below.



TEXT MESSAGING

Receive tips, games and reminders. The Text2QuitSM program is full of practical advice and encouragement that can help you quit.



STARTER KIT: PATCHES, GUM OR LOZENGES

Receive two weeks of free patches, gum or lozenges to help you get started.



EMAIL PROGRAM

Receive a series of emails full of tips, advice and encouragement to help you quit.



QUIT GUIDE

A practical and useful Quit Guide to help you build your plan to quit. You can choose to download it or have a copy mailed to you.

QUITPLAN® Services offers Minnesotans free help to quit tobacco. Our goal is simple: to do everything we can to help you become 100 percent tobacco-free. Not with lectures, but with genuine support and tools that allow you to quit your own way.

Select the QUITPLAN® Services that are right for you.

No matter where you are in the quitting process, you may choose one or all of the Individual QUITPLAN Services OR choose the QUITPLAN Helpline.

To learn more, call 1-888-354-PLAN (7526) or visit quitplan.com

No Judgments. Just Help.



QUITPLAN® HELPLINE

A complete program. You will receive one-on-one phone coaching sessions with trained tobacco counselors and additional tools to help you quit.



COACHING CALLS

Five one-on-one sessions with a Quit Coach to help you learn about and use strategies to help you quit.



TEXT MESSAGING

Receive daily tips, games and reminders. The Text2QuitSM program also gives you quick access to coaches in addition to tracking your quit, savings, usage and urges.



PATCHES, GUM OR LOZENGES

Receive four weeks of patches, gum or lozenges through the QUITPLAN Helpline.



EMAIL SUPPORT

Personalized emails about your quit date, coaching calls and quit milestones; as well as helpful tips, advice and encouragement.



WELCOME KIT

Includes an informational printed Quit Guide and additional handouts that will help you build your own plan to quit.