

Are You Ready to Quit Smoking?

When you quit with the help of medications and extra coaching and support, you can double your chances of quitting for good

Quit with Help. Quit for Good.

For **FREE** telephone coaching, call: **1-800-QUIT-NOW (1-800-784-8669)**

Para Español: **1-855-DEJELO-YA (1-855-335-3569)**

Up to 8 FREE weeks of nicotine patches, lozenges or gum may be available for PA Quitline callers

Face to Face coaching and support

Health Center and community-based classes:

Health Federation of Philadelphia: 215-567-8001*

*Classes in Spanish are also available, depending on demand

Sponsored by the Philadelphia Department of Public Health and Pennsylvania Department of Health

Other Coaching and Support Resources

Online

www.BecomeAnEx.org (also available in Spanish)

www.smokefree.gov (also available in Spanish)

www.BeTobaccoFree.gov

12-Step

Nicotine Anonymous

1-877-TRY-NICA (1-877-879-6422)

www.nicotine-anonymous.org

Text Messaging

SmokeFree TXT

Text the word 'QUIT' to

I-QUIT (47848)

If you have Medicaid

If you have health insurance through Medicaid, you may get nicotine patches, gum or lozenges and other medications, like Bupropion (Zyban) or Varenicline (Chantix) to help you quit for as little as \$1 per month

If you have private insurance or Medicare

Your insurance may cover medications, call your insurance company for more information about your quit smoking coverage

For more information about these programs, visit our website at www.smokefreephilly.org or call 215-685-5681

To join the conversation, 'Like' our Facebook Page: www.facebook.com/smokefreephilly

