



It's Time to Quit Smoking

HERE'S HOW TO GET STARTED

Quitting smoking is one of the best things you can do for your health, but it is also one of the most difficult habits to break. The first place to start is to call the New York State (NYS) Smokers' Quitline at 1-866-NY-QUITS (1-866-697-8487) or (TTY: 711).

The NYS Smokers' Quitline is a free and confidential program that provides stop smoking services to New York residents who want to stop smoking or using other forms of tobacco. Some of the services the Quitline offers include:

- Individualized telephone counseling in English or Spanish.
- Free nicotine replacement therapy (NRT) starter kit (if eligible per NYS Smokers' Quitline).
- Referrals to local stop smoking programs (classes).
- Web-based services with interactive features (www.nysmokefree.com).
- Self-help quit kit — "Break Loose" — a comprehensive pamphlet that allows you to quit smoking at your own pace.

HOW DOES THE PROGRAM WORK?

- After an assessment with a Quitline Specialist, eligible members are sent a free starter supply of NRT.
- Approximately two weeks later, the phone coach will call. If you and the coach determine that the NRT is working, you will be enrolled in the enhanced telephonic support program (if eligible) and receive an additional six weeks of NRT.
- You will receive three telephonic coaching sessions during your quit process.
- This program is free for eligible members.

