

YOUR **REASON**  
FOR **QUITTING.**



A **FREE** TOBACCO QUIT LINE COUNSELING SERVICE FOR  
UNINSURED OHIOANS, MEDICAID RECIPIENTS, PREGNANT WOMEN  
AND MEMBERS OF THE OHIO TOBACCO COLLABORATIVE

 OHIO  
TOBACCO  
**QUITLINE** CALL IT QUILTS.  
**1-800-QUIT-NOW**  
1-800-784-8669  
<http://ohio.QuitLogix.org>

Ohio Department of Health | Tobacco Use Prevention and Cessation Program

## THE OHIO TOBACCO QUIT LINE 1-800-QUIT-NOW | 1.800.784.8669

### WHO CAN CALL?

The Ohio Tobacco Quit Line is available to uninsured Ohioans, Medicaid recipients, pregnant women and members of the Ohio Tobacco Collaborative.

### WHEN CAN I CALL?

The Quit Line is staffed:

Monday–Friday: 9 AM to 11 PM.

Saturday and Sunday: 10:30 AM to 6:30 PM.

- Voicemail services are available 24/7.
- All messages will be returned within 24-48 hours.

### WHAT HAPPENS WHEN I CALL?

When you call the Ohio Tobacco Quit Line, you'll receive FREE:

- Support and advice from an experienced Quit Specialist.
- A personalized Quit Plan and self-help materials.
- The latest information about medications that can help you quit.

**Free** nicotine patches are available for qualified callers. Ask your Quit Line counselor if you are eligible.

### DOES IT WORK? **YES.**

- Quit Line callers are **FIVE TIMES** more likely to succeed than those who try to quit on their own.

### THREE GOOD REASONS TO **CALL IT QUILTS.**

- **Your Family** – Live a healthier, longer life and watch your family grow. They need you.
- **Your Health** – Tobacco use causes cancer, heart disease, chronic bronchitis, asthma and emphysema to name a few.
- **The Cost** – The average smoker spends \$1,500.00 - \$3,000.00 a year on cigarettes. It's costly in more ways than one.

IT'S HARD TO QUIT TOBACCO...BUT WE CAN HELP  
**ALL YOU HAVE TO DO IS CALL.**