

# ARE YOU READY TO QUIT TOBACCO?

## What you can do:

- **CALL** 1-800-QUIT-NOW (784-8669)
- **ENROLL** in the Nebraska Tobacco Quitline
- **COMPLETE** one coaching session with a trained Quitline Coach
- **RECEIVE** free Nicotine Replacement Therapy (NRT) in the mail starting October 15, 2018. \*



## What the *Quitline* will do:

- Provide free, confidential support and counseling
- Work with you to develop a personalized Quit Plan
- Be available 24/7 in more than 170 languages
- Mail free NRT directly to your address

## What callers are saying about the *Quitline*:

“I appreciate what you do! You are saving lives and helping people every day.”

\* Beginning October 15, 2018, the Nebraska Tobacco Quitline is providing a two-week supply of over-the-counter nicotine replacement therapy at no cost (one of the following: gum, patches or lozenges) while supplies last. To qualify, the caller must be a Nebraska resident over the age of 18 who is ready to quit tobacco, register with the Quitline and complete one coaching session. Callers will be screened for medical eligibility to receive the free NRT.



For additional information about the Quitline, NRT promotion or educational resources visit: [QuitNow.ne.gov](http://QuitNow.ne.gov)

**1-800-QUIT-NOW (784-8669)**  
**1-855-DÉJELO-YA (335-3569)**