

QUIT TOBACCO YOUR WAY

Oregon
Health
Authority

SMOKEFREE
oregon

WITH HELP FROM YOUR DOCTOR AND SMOKEFREE OREGON

Are you ready to live a tobacco-free life? You don't have to do it alone. Get support to quit and to stay tobacco-free, even if this isn't your first time trying. It's free with your insurance through Oregon Health Plan.

CHOOSE SUPPORT THAT'S RIGHT FOR YOU

Quitting is different for everyone. That's why we offer a variety of options, all free of cost. You can combine counseling and medicine to help you quit for good.



Counseling to Quit: You can have multiple counseling sessions as you work toward quitting. And you can try more than one type of counseling, too.



One-on-One Quit: Personalized support from your doctor or health care provider.



Phone Quit: Support by phone from the comfort of your home.



Group Quit: Support from a trained quit coach in a group setting, with other people who are trying to quit.



Web Quit: Custom support through a computer or smartphone. It's available any time, any place.



Medicine to Quit: Medicine is a safe way to reduce cravings and symptoms while you quit. Many options are available, including patches and gum.

FACTS ABOUT QUITTING

Health from head to toe

Quitting tobacco lowers your risk of heart attack, stroke and some cancers.

Protect your loved ones

Quitting protects the people around you—especially kids and babies—from colds, asthma attacks and more.

Counseling + medicine = success!

When you combine counseling and medicine, you're 3 times more likely to quit for good.

Support is available to quit any type of tobacco, including cigarettes, cigars, chewing tobacco, e-cigarettes and more.

TALK TO YOUR DOCTOR TODAY TO QUIT TOBACCO FOR GOOD!

Visit QUITNOW.NET/OREGON or call 1-800-QUIT-NOW (1-800-784-8669).