



Quitting with the help of medications and coaching can more than double your chances of becoming 100% tobacco free.

**CALL: 1-800-QUIT-NOW (1-800-784-8669)**

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

**FREE Nicotine Replacement Therapy (NRT): Patches, Gum and Lozenges available.**

Made possible by the Pennsylvania Department of Health

## Other Resources:

### Web

BecomeAnEx.org (español disponibles)

pa.quitlogix.org

### Text Messaging Programs

**SMOKEFREE.GOV** offers free text messaging programs for:

Adults (español disponibles)

Teens (13-19 years old)

Pregnant Women

Military Veterans (español disponibles)

**TEXT2QUIT.COM** (Paid subscription required)

### 12-Step Recovery

Nicotine Anonymous

Live Chat & Online Group Meetings

www.nicotine-anonymous.org

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

### If you have Medicaid,

You may be able to get medications to help you quit for as little as \$0-3 / month.

### If you have Private Insurance or Medicare,

You may be covered for medications and counseling, call your insurer for info about quit smoking coverage.

**Visit [smokefreephilly.org](http://smokefreephilly.org) or call 311\* for more information**

\*The City of Philadelphia offers translations services for all community needs. To speak with an interpreter, please call 215-686-5200 (Monday - Friday, 8 am to 5 pm) or go to [phila.gov/311](http://phila.gov/311).



Revised December 2016



CITY OF PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH



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