



WISCONSIN TOBACCO

QuitLine

800-QUIT-NOW

or text READY to 200-400

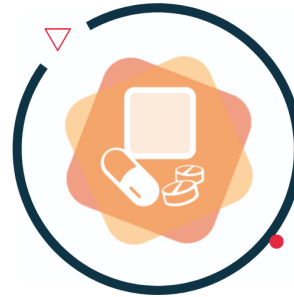
How the Quit Line works:



1. Call or text us



2. A coach offers tips



3. We'll send you
free meds and
materials



4. They arrive free.

The Quit Line's FREE Services

- * Available 24/7.
- * Telephone coaching for Wisconsin residents who want to quit tobacco use. This consists of one phone call offering coaching and support.
- * Callers will receive personalized advice on how to quit, information on medications, and assistance with creating a quit plan.
- * Wisconsin residents may call the Quit Line back as often as they like.
- * Two weeks of free medication (nicotine patch, nicotine gum or nicotine lozenge) and self-help materials.
- * A secure Web Coach where tobacco users can interact with others trying to quit, get support, develop personalized quit plans and track results.
- * Information for those concerned about a tobacco user.

Three Ways to Reach the Quit Line



Call 800-QUIT-NOW



Text READY to 200-400



www.WiQuitLine.org