

<b>Quitting tobacco can take a few tries.</b>	
<b>Quitline</b>	Free 1-on-1 coaching, medication, other support: 1-800-QUIT-NOW
<b>Texting</b>	Text QUIT to 47848 to join SmokefreeTXT to quit in next 2 weeks. Text Go to 47848 to practice quitting first.
<b>Web</b>	<a href="http://www.Smokefree.gov">www.Smokefree.gov</a> for app, plan, live help <a href="http://www.Becomeanex.org">www.Becomeanex.org</a> for plan, support
<b>Medication</b>	See other side and talk with your doctor
<b>Getting support can help you succeed!</b>	

Sample wallet card given to patients at point of care (adapted from a C3I grantee)

<b>Medications can help you cut down or quit using tobacco. Most are covered by insurance.</b>	
My medication plan:	My support plan (all free of charge):
<ul style="list-style-type: none"> <li>○ Varenicline</li> <li>○ Nicotine patch</li> <li>○ Nicotine gum</li> <li>○ Nicotine lozenge/mini-lozenge</li> <li>○ Nicotine inhaler</li> <li>○ Nicotine nasal spray</li> <li>○ Bupropion</li> </ul>	<ul style="list-style-type: none"> <li>○ Quitline</li> <li>○ Texting</li> <li>○ Web or app</li> </ul>