

For Michigan residents who have Medicare, Medicaid, or county health plan as their insurer, or are a veteran the Michigan Tobacco Quitline offers:

✓ Coaching Services

- Four phone sessions
- A highly trained counselor will call to support you through the quit process

✓ Ongoing Support

- Additional help between coaching sessions 24 hours a day, 7 days a week

✓ Texting and Online Support

You may also be eligible for:

✓ Drug Therapies

- Up to four weeks of nicotine patches, gum, or lozenges to help you quit

If you have another insurance plan:

- You will be referred to your insurance provider to receive their designated tobacco cessation resources



Facts about Quitting Tobacco

Fact: The decision to quit is the most important decision you can make for your health today.

Fact: During the first few weeks after you quit you may experience withdrawal, which is your body getting used to not having nicotine from cigarettes. Withdrawal may make you want to smoke, but these feelings are temporary.

Fact: The benefits of quitting smoking far outweigh the discomforts of withdrawing from nicotine.

Fact: There are several medications that can help you cope with nicotine withdrawal and increase your chances of overcoming your nicotine addiction.

Fact: Doctors and other health care team members can provide support, information, and any necessary drug therapies to help you quit.

Speak with your doctor with concerns or questions about quitting, they can help!

Michigan Cancer Consortium
PO Box 30195
Lansing, MI 48909

www.michigancancer.org

Information in this brochure gathered from:
smokefree.gov
<http://www.michigan.gov/tobacco>

IT IS NEVER TOO LATE TO QUIT SMOKING



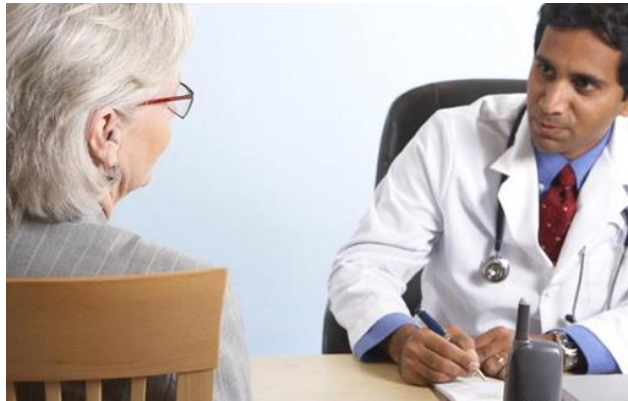
You can quit!

**MI Tobacco Quitline can help!
(1-800-QUIT-NOW)**

It is never too late to quit smoking.

DANGERS OF CONTINUING TO SMOKE:

- Smoking harms almost every part of your body, including the blood, heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones, bladder, and digestive organs
- Any amount of smoking, even light smoking or occasional smoking, damages the heart and blood vessels
- More side effects from surgery and a slower recovery time
- Higher chance of developing cancer
- Higher risk of developing other serious illnesses, such as heart and lung diseases



**We can refer you to the
Michigan Tobacco Quitline
to help you quit.**

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



The Michigan Tobacco Quitline will help you with your plan to quit. Here is some advice to help you quit:

Your Plan to Quit:

- ☐ Set a quit date now
 - ☐ Talk with your provider about which approach will be best for you
 - ☐ Choose a buddy – encourage loved ones to quit
 - ☐ Tell family/coworkers you are quitting tobacco use and request their support
 - ☐ Remove tobacco products from the home
 - ☐ Anticipate difficulties quitting, especially during the first few weeks:
 - Avoid triggers
 - Change habits associated with smoking
 - Find new activities you enjoy
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