

> Quitting tobacco

Get help quitting and kick the habit for good.

If you smoke or chew tobacco and want to quit, we're in your corner. Here are some ways to make a plan, find useful tips and connect with others who are trying to quit.

Free Tobacco Quit Line

Start your plan to quit here. You'll get advice from a Quit Coach and a custom quit plan that works for you. You can speak to a coach 24 hours a day at 800-QUIT-NOW (800-784-8669). You'll learn ways to deal with cravings and get the latest information about medications that can help you quit.

Online counseling

Make your own quit plan and get personal support from Quit Coaches without ever picking up the phone. All you have to do is go online. You can connect with others trying to quit and talk with Quit Coaches by email and instant message. You'll find lessons, articles, videos and tracking tools on the web.

To learn more or sign up, visit quitnow.net. Or call 800-QUIT-NOW (800-784-8669). Just choose the option to chat online with a counselor.

Additional resources to help you

American Lung Association quit line (English and Spanish): 800-LUNG-USA (800-586-4872)

National Cancer Institute quit line (English and Spanish): 877-44U-QUIT (877-448-7848)

smokefree.gov: Use the quit guide for the first year you're tobacco free, get advice by text and find resources just for members of the U.S. military.

lung.org: Check out the Freedom From Smoking® Online program and learn more about smokeless tobacco products.



Health plans in Oregon, Washington and Alaska provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service. Dental plans in Alaska provided by Oregon Dental Service doing business as Delta Dental of Alaska.

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