



1-800-QUIT NOW
Indiana's Tobacco Quitline

GUIDE TO THE INDIANA TOBACCO QUITLINE

What is the Indiana Tobacco Quitline?

The Indiana Tobacco Quitline is a telephone-based cessation service designed to help all Indiana **tobacco users ages 13 and up quit**. The Quitline offers a **FAX REFERRAL PROGRAM** designed to assist healthcare providers, employers and organizations in referring people ready to quit using tobacco within the next 30 days.

The **Indiana Tobacco Quitline** is **FREE** to anyone living in Indiana ages 13 and up, staffed by professionally trained smoking cessation Quit Coaches. It provides the following

Resources for people just wanting more information

- 4 Free counseling sessions for anyone wanting to enroll in the program and speak with a trained Quit Coach.
- 5 free counseling sessions for youth 13-17 years of age
- 2 weeks supply of Nicotine Replacement Therapy (Nicotine patches or gum) to those persons calling that are covered by Medicaid, Medicare or uninsured (Must be 18 years or older to receive this and supplies are limited)
- 10 free counseling session for pregnant women
- Provide names/contact information for local tobacco cessation resources

There is also a web-based support! Go to www.eQuitNow.com and start web chatting with a Web coach today. Also sign up for Text2Quit for even more support on your journey to becoming a healthy, nonsmoker.

1-800-784-8669 (Quit Now)