

ARE YOU READY TO QUIT TOBACCO?

CALL A QUITLINE COACH TODAY TO
LEARN MORE.



Beginning November 14, the Nebraska Tobacco Quitline will mail directly to callers, a no-cost, two-week supply of nicotine gum, patches or lozenges to any Nebraska resident over the age of 18 who is ready to quit tobacco.

In order to take advantage of this no-cost offer, tobacco users must:

- enroll in the Nebraska Tobacco Quitline;
- complete one coaching session with a trained Quit Coach; and,
- be medically eligible to receive the medication.

This offer is available November 14 through January 31, 2017, while supplies last!

Call the Quitline 24/7 to learn how you can receive a two-week supply of no-cost medications to help you quit. *More than 170 languages are available.*

1-800-QUIT-NOW (784-8669)
1-855-DÉJELO-YA (335-3569)

