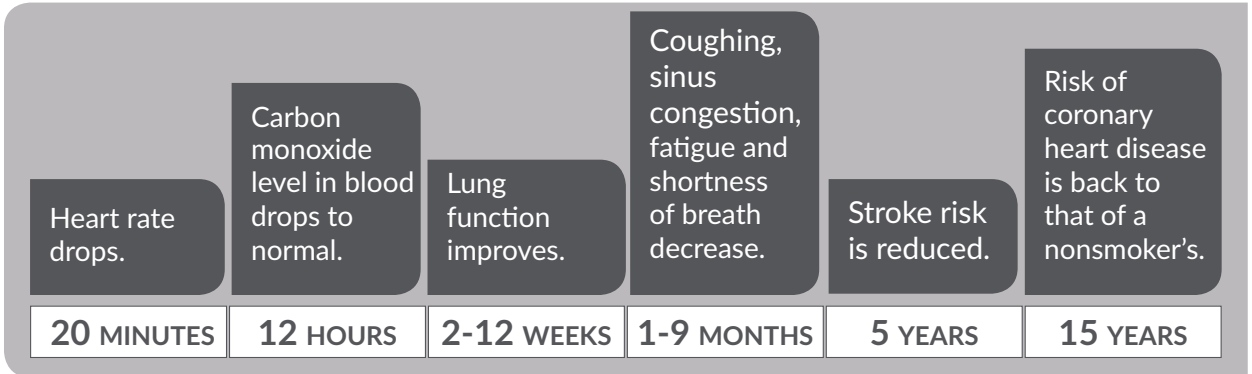


When Smokers QUIT



BENEFITS OF QUITTING



Save money



Food tastes better



Cheaper life insurance



Whiter teeth



Energy levels increase

Tips to Help **YOU** Quit

- **Set** a firm quit date.
- **Throw** away all tobacco products.
- **Pledge** to have a tobacco-free home and/or vehicle.
- **Set** up a good support system.
- **Think** about what activities you will do when you have a craving.
- **Think** positive. Cravings only last 3-5 minutes.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

Ready to Quit?

Whether you are thinking about quitting, are not yet ready to quit or have already quit, Quitline Iowa has a team of expert coaches who can help you with each step of the way.

What you receive when you enroll:

- **Expert phone coach** – support available whenever you need it
- **eCoach support** – web, text messaging and email
- **My Quit Journey** – an easy-to-follow workbook to help you create a Quit Plan
- **Quitting Aids** – Quitline's expert coaches will help you pick the best quit aid for you

 **AMERICAN LUNG ASSOCIATION.**
IN IOWA

2530 73rd St | Des Moines, IA 50322
Lung HelpLine 1-800-LUNGUSA | Lung.org

TobaccoFreePartnership.com

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