



QUITLINE IOWA
1 8 0 0 Q U I T N O W



Quitting is Not the End. It's the Beginning.

Quitting tobacco is a journey, and you don't have to travel alone. We have a team of coaches who will help guide you down the path to success.

Phone Coaches

Phone support is available whenever you need it from expert, caring coaches.

My Quit Journey

We'll send you an easy-to-follow workbook to help you create a Quit Plan that works for you.

eCoach Support

Quit support is available via the web, text messaging and e-mail.

Quitting Aids

Quit aids can help you become tobacco-free. Our coaches can help you pick the best quit aid for you, and you may qualify to get free NRT.

1.800.QUIT.NOW (1.800.784.8669)

www.quitlineiowa.org



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