

Did you switch to e-cigarettes to stop smoking?

Smokers often find themselves using both and smoking more! If you're one of them, we can help.

Nicotine is no match for Quitline Iowa. Whether you smoke e-cigarettes, traditional cigarettes or use another form of tobacco, we'll help you overcome your nicotine addiction.

A trained Quit Coach® will help you set a quit date, create a quit plan that's right for you, and give you strategies to cope with craving and triggers. You may even qualify for free nicotine replacement therapy like the patch, gum or lozenges.

Quitting is hard, but you don't have to do it alone. The experts at Quitline Iowa know what really works. Every day, we help people just like you quit for good.

Get started today.

1-800-QUIT NOW | 1-800-784-8669

www.quitlineiowa.org



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