



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

**1.800.QUIT.NOW**

**(1.800.784.8669)**

**[www.quitlineiowa.org](http://www.quitlineiowa.org)**



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669

**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.

---

## **eCoach Support**

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

---

## **My Quit Journey**

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

---

## **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 Nicotine Replacement Therapy.

---

**1.800.QUIT.NOW (1.800.784.8669)**

**[www.quitlineiowa.org](http://www.quitlineiowa.org)**



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669



Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control

©2016 National Jewish Health