

PHONE-BASED SERVICES

Enrollment for English: **1-800-QUIT-NOW** (1-800-784-8669)

Enrollment for Spanish: **1-855-DEJELO-YA** (1-855-335-3569)

FREE SERVICES INCLUDE:

- 24/7 support
- Unlimited sessions with a Quit Coach
- Free personal Quit Plan
- Free educational materials
- Free Nicotine Replacement Therapy (gum, patch or lozenges), as appropriate, mailed directly to the registered participant
- Programs for other tobacco products
- Access to language line, with 200 languages for phone participants
- Specialized services for pregnant women, including postpartum calls
- Specialized services for 13-17 year olds
- Internet-based activities that can integrate with phone support

WEB-BASED SERVICES

Enrollment For English: **QUITNOWNM.com**

Enrollment For Spanish: **DEJELOYANM.com**

FREE SERVICES INCLUDE:

- 24/7 support
- Comprehensive Cessation Services
- Chat with a Quit Coach
- Community Forum
- Free personal Quit Plan
- Free educational materials
- Free Nicotine Replacement Therapy (gum, patch or lozenges), as appropriate, mailed directly to the registered participant

TEXT MESSAGING SUPPORT

Both Phone and Web participants may also take advantage of:

- Up to 300 messages tailored to the participant's quit plan
- Coaching call reminders
- Motivational and educational reminders

1-800-QUIT NOW

QUITNOWNM.COM



1-855-DEJELO YA

DEJELOYANM.COM