

You CAN Quit Using Tobacco!

You can do it — we can help! As a State Health Plan member you have access to a variety of resources to help you stop smoking, chewing tobacco or even using snuff.

You already know all the reasons why you should quit, and that it's hard, but it is possible with these tobacco cessation supports. Give them a try! The only thing you have to lose is a bad habit.

Through QuitlineNC, you can get:

- FREE one-on-one support from a Quit Coach® by telephone, **800-QUIT-NOW (800-784-8669)**
- Web coaching, www.QuitlineNC.com
- Free nicotine replacement patches available to members enrolled in the multi-call program
- Coaching 24 hours a day, 7 days a week, English/Spanish

Other NC HealthSmart tobacco cessation supports include:

- In-person counseling with your doctor or behavioral therapist
- Reduced cost for all tobacco cessation prescription medications

For other health and wellness resources, visit www.shpnc.org and select NC HealthSmart.

Go ahead — get started today!

NCHEALTHSmart
An initiative of the State Health Plan



“Cigarettes controlled my life. After 43 years of smoking and a heart attack — I QUIT with the help of my Quit Coach from QuitlineNC.”

— Russ, State Health Plan member

