



Quitting with the help of medications and coaching can more than double your chances of becoming 100% tobacco free.

CALL: 1-800-QUIT-NOW (1-800-784-8669)
Español: 1-855-DEJELO-YA (1-855-335-3569)

FREE Nicotine Replacement Therapy (NRT); Patches, Gum and Lozenges are available

Made possible by the Pennsylvania Department of Health

Other Resources: Web

BecomeAnEx.org (español disponibles)
pa.quitlogix.org

Text Messaging Programs

SMOKEFREE.GOV offers free text messaging programs for:

Adults (español disponibles)
Teens (13-19 years old)
Pregnant Women
Military Veterans (español disponibles)

TEXT2QUIT.COM (Paid subscription required)

12-Step Recovery

Nicotine Anonymous
Live Chat & Online Group Meetings
www.nicotine-anonymous.org
[1-877-TRY-NICA (1-877-879-6422)]

If you have Medicaid,

You may be able to get medications to help you quit for as little as \$0-3 / month.

If you have Private Insurance or Medicare,

You may be covered for medications and counseling, call your insurer for info about quit smoking coverage.

Visit smokefreephilly.org or call 311* for more information

*The City of Philadelphia offers translation services for all community needs. To speak with an interpreter, please call 215-686-5200 (Monday - Friday, 8 am to 5 pm) or go to phila.gov/311.



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CITY OF PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH