

You can afford
to quit smoking.

W I S C O N S I N T O B A C C O
QuitLine
800-QUIT-NOW

Toll Free Numbers

1-800-QUIT-NOW (784-8669)

1-877-2NO-FUME (Spanish)

1-877-777-6534 (TTY)

Quit Line Hours

7am to 11pm daily

If you call at other times, just leave a message and you'll be called within two business days.

Translators for languages in addition to Spanish are available. This includes Hmong.



Medicaid covers it.

Quitting is hard

If you want to quit smoking, you're not alone.

- Most smokers want to quit, but quitting is hard.
- It's **not** a matter of “will power.” And it's not just a bad habit.
- It's an addiction that can be treated.
- What does help is medicine and coaching from someone who knows about quitting.
- But, medicines are expensive.
- The good news is that Medicaid (and BadgerCare and Senior-Care) pays for most medicines.*

Talk with your doctor about quitting and getting medicines to help you quit.

* Some Medicaid waiver programs do not cover smoking dependence treatment.



Coaching helps

What is coaching?

- Coaches can tell you how to avoid the things that make you want to smoke (like your first cup of coffee in the morning).
- Coaches at the **Wisconsin Tobacco Quit Line** know how to help you be successful in quitting.
- They will call you with support on days that you choose, like the day you quit.
- Or, you can call them when you are stressed out about quitting.
- The Quit Line also has lists of local programs that can help you.



Call the Quit Line at 1-800-QUIT-NOW. It's free and confidential.

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