



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

1.800.QUIT.NOW

(1.800.784.8669)

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.

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