

Quit Tobacco Resources and Tips

You're not alone! Here are some helpful resources

Do you have Private Health Insurance?

*If you do, insurance companies now offer support to quit smoking because of the Affordable Care Act.

Do you have a Marketplace Plan?

*Marketplace Plans also provide tobacco use screening for all adults and cessation help for tobacco users.

****Contact your specific insurance plan to find out the details of what is covered.**



Free or Low Cost Help for Quit Smoking Medication in Michigan

The Healthy Michigan Plan (Medicaid Expansion)

The Healthy Michigan Plan will cover some drugs and counseling services to help you stop smoking. If you have a Healthy Michigan Plan, and are ready to quit, talk to your doctor.

More information at: www.healthymichiganplan.org

Medicare

The Michigan Medicare Medicaid Assistance Program can help you find Medicare savings programs. They can also help you find prescription savings programs. Call 1-800-803-7174 or visit www.mmapinc.org/

Partnership for Prescription Assistance

This program can help find drug company programs you qualify for. Call 1-800-477-2669 or visit www.pparx.org

Michigan Tobacco QuitLine

Free information and help!

- Tobacco treatment referrals
- You may be eligible for Quit Tobacco products
- Professional counseling
- <http://www.njhcommunity.org/michigan/>

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

Do you want to be prepared?

Participate in a FREE Quit Tobacco Workshop

This FREE program is a no-pressure, one-time workshop that shows you how YOU can be smoke-free.

You are given the tools you will need to be successful **when you are ready** to quit smoking.

Contact the Barry-Eaton District Health Department to learn when the next class is being offered.

517-541-2610

Mini Workshop at McLaren of Greater Lansing – Greenlawn; Cardio-Pulmonary Rehab

- A 1.5 hour program about how to quit smoking at McLaren, 401 W Greenlawn, Merriman Center.
- Private counseling available for a fee.
- Register and call to verify session details. Services provided by a Certified Cessation Counselor: (517) 975-6400

Not quite ready but want to take some small steps?

- Make your home smoke-free. If that's too big of a step, go room by room.
- Avoid smoking in front of children and pregnant women.
- Make your car smoke-free.
- Set a goal for when you want to quit and start to research the best way for you to quit and be successful.

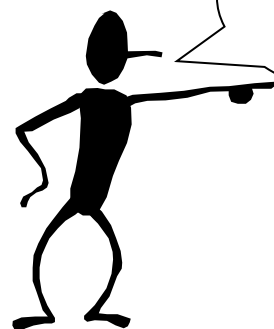
**Do you use the internet?
Here are some useful
resources...**

Online Quit Tobacco Resources and Tips

www.BeTobaccoFree.gov

1-877-44U-QUIT (1-877-448-7848)

Provides step by step quit guide, Live Chat, downloadable mobile apps, and Smoke free TXT messaging to help you quit, and to support those who quit. This site created by Dept. of Health and Human Services.



**Resources just
for Youth!**

www.smokefree.gov/

Designed to help you or someone you care about quit smoking. Choose the help that best fits your needs, from a Smoke free TXT message option, to Live Chat, and smoke-free apps. Also, a step by step quit smoking guide, publications to download, or live help phone lines. This site was created by the Tobacco Control Branch of the National Cancer Institute.

Freedom From Smoking Online Program. Offered by the American Lung Association.

<http://www.lung.org/stop-smoking/>

Become an Ex: <http://www.becomeanex.org>. Free Booklet, Talk to a Personal Coach, follow an online plan. Must have a valid e-mail address. A program of the American Legacy Foundation.

Nicotine Anonymous - 1-877-879-6422

www.nicotine-anonymous.org

A non-profit 12 step fellowship of men and women helping each other live nicotine free lives. Welcomes all who seek freedom from nicotine. Uses the 12 steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

<http://Women.smokefree.gov>

Provides information about topics important to women. Different women need different resources as they try to quit. Choose the help that best fits your needs, from a Smoke free TXT message option, to Live Chat, or smoke free apps.

Tobacco Free Kids

www.tobaccofreekids.org

Website that contains fact sheet and information for youth and adults. Provides information on National Kick Butts Day.

<http://teen.smokefree.gov>

Website run by the National Cancer Institute. Site is designed to help you understand the decisions you make, especially the decision to quit smoking, and how those decisions fit into your life. Download the QuitSTART App, or sign up for the Smoke Free TXT program.

www.nosmokingroom.org

The No Smoking Room is a safe place to help you live smoke-free. This site was created for girls, by girls, just like you. So, go ahead and explore. After all, it's your room!

Kill The Can - Quit Dipping Today!

<http://www.killthecan.org/>

A site dedicated to helping people QUIT dip, smokeless & chewing tobacco.

Kids Health

http://kidshealth.org/teen/drug_alcohol/#cat20138

A safe, private place for teens who need honest, accurate information and advice about health, emotions, and life.