

YOU HAVE THE REASON WE HAVE THE PLAN



The Kansas Tobacco Quitline provides **FREE** one-on-one coaching for Kansans ready to quit using any form of tobacco. It is designed to help the tobacco user take control of their attempt to quit. Trained coaches provide participants support and help them create an individual plan to quit tobacco use and fight cravings.

KanQuit!

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

KSquit.org

WHAT TO EXPECT

- Phone or online options
- Friendly support and encouragement
- Basic questions about your health
- Scheduled calls with your coach
- Mailed materials to help you quit
- Help setting a quit date
- Tips to change your habits and fight cravings

TAILORED PROGRAMS

The Quitline has tailored programs available for:

- KanCare recipients
- Pregnant women
- Native Americans
- People with behavioral health conditions or substance use disorders
- People with chronic diseases

Qualifying callers may be eligible for additional benefits, such as additional coaching calls and free quit-smoking medications.



To reorder brochures, visit kdheks.gov/tobacco/cessation.html

The Kansas Tobacco Quitline is a program of the Kansas Department of Health and Environment.