



Quitting tobacco

If you use tobacco and are thinking about quitting, free resources are available to help you every step of the way.

GET THE SUPPORT YOU NEED

If you're thinking about living a life free of tobacco, you can explore the options and resources available and then create a strategy that will best meet your needs.

OREGON QUIT LINE

When you call the Oregon Quit Line, you get advice from an experienced tobacco cessation counselor and a personalized quit plan that fits in with your day-to-day routine. You can speak to a cessation counselor by calling **800-QUIT-NOW (800-784-8669)**.

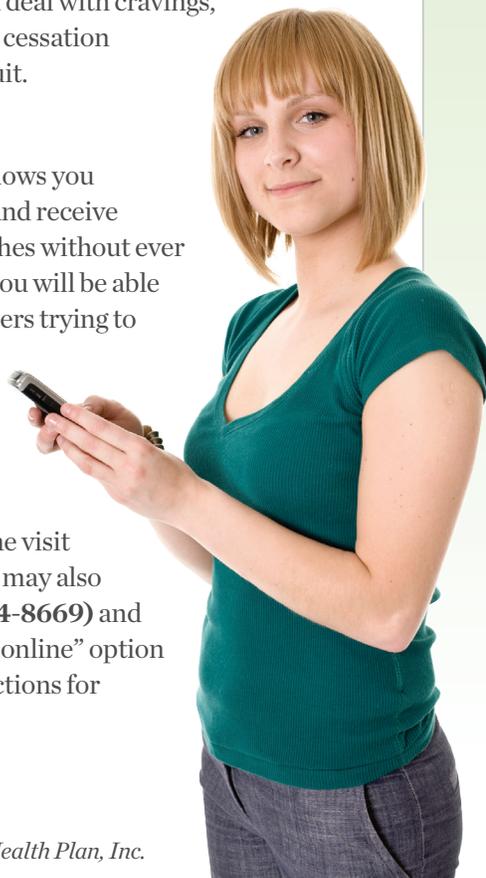
You also will receive self-help materials, social support and coping strategies to help you deal with cravings, and the latest information about cessation medications that can help you quit.

ONLINE COUNSELING

The online counseling service allows you to make a customized quit plan and receive tailored support from Quit Coaches without ever picking up the telephone. Here you will be able to connect with other tobacco users trying to quit, talk with Quit Coaches via email and instant message, and access various resources like e-lessons, articles, videos and tracking tools.

To find out more or sign up online visit www.quitnow.net/oregon/. You may also call **800-QUIT-NOW (800-784-8669)** and select the "if you would like help online" option for login information and instructions for accessing Web Coach.

Insurance products provided by ODS Health Plan, Inc.



ADDITIONAL RESOURCES

Numerous tobacco cessation resources are available online and via phone.

NATIONAL QUIT LINES:

**American Lung Association
800-LUNG-USA**

- › In English or Spanish, Monday through Friday, 7 a.m. to 9 p.m. Central time.

**National Cancer Institute
877-44U-QUIT**

- › In English or Spanish, Monday through Friday, 9 a.m. to 4:30 p.m. local time.

NATIONAL ONLINE GUIDES:

www.smokefree.gov

- › Use the online quit guide for the first year that you're tobacco free.
- › Get advice using real-time texting.
- › Find resources specifically for members of the U.S. military.

www.lungusa.org

- › Use the Freedom From Smoking® online smoking cessation program.
- › Find answers to frequently asked questions about smoking and smokeless tobacco products.

If you have questions about your coverage of cessation medication and programs, call ODS Customer Service at 888-788-9821 or visit us online at www.odskompanies.com.