





## YOU CAN QUIT.

### PA Free Quitline Pregnancy Program

We help you quit for good; one-third of callers quit and stay quit.

When you are pregnant, you want the best for your baby. When you stop smoking, your baby will get more oxygen, even after just one day of not smoking. There is less risk that your baby will be born too early.

Get 10 free personalized coaching sessions when you call the PA Free Quitline, with rewards for each completed session. Get free nicotine replacement therapy (patches, gum or lozenges), if available.

Smoking leads to long-term suffering for smokers and their loved ones. **You can quit.**

- ▶ 1-800-QUIT-NOW  
(1-800-784-8669)
- ▶ 1-855-DÉJÉLO-YA  
(1-855-335-3569)
- ▶ <https://pa.quitlogix.org/>



Rack Card #1 (front and back)  
Double-click on front of card to open larger version.



## YOU CAN QUIT.

The PA Free Quitline helps you quit for good; one-third of callers quit and stay quit.

Take the first step and call. Customize your own quit plan. Get free personalized coaching sessions. Get free nicotine replacement therapy (patches, gum or lozenges), if available. Sign up for services online, too.

With each counseling session you complete, you increase your chances of quitting for good. **You can quit.**

- ▶ 1-800-QUIT-NOW  
(1-800-784-8669)
- ▶ 1-855-DÉJÉLO-YA  
(1-855-335-3569)
- ▶ <https://pa.quitlogix.org/>



Rack Card #2 (front and back)  
Double-click on front of card to open larger version.

**Smoking Causes Immediate Damage to Your Body.**

**You Can Quit. For Free Help Call 1-800-QUIT-NOW.**



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention  
www.cdc.gov/tips

### **PA FREE QUITLINE**

#### **Resources for Healthcare Professionals Fax to Quit**

The PA Free Quitline has counseled more than 55,000 tobacco users since 2010. Fax refer your clients for expert, confidential coaching to become tobacco-free.

- Nicotine replacement therapy (patches, gum or lozenges), if available.
- Confirmation reports on patient progress.
- To refer clients, contact 1-800-QUIT-NOW, Pennsylvania Department of Health, www.health.state.pa.us/faxtoquit, 717-783-6600.

#### **Tobacco Cessation Registry**

Join the Pennsylvania Department of Health's online statewide listing of tobacco cessation counseling services.

If you are a clinician or healthcare delivery system and provide tobacco cessation counseling services, apply online: www.health.state.pa.us/cessationregistry.

- ▶ 1-800-QUIT-NOW  
(1-800-784-8669)
- ▶ 1-855-DÉJELO-YA  
(1-855-335-3569)
- ▶ <https://pa.quitlogix.org/>



**Rack Card #3 (front and back)**  
Double-click on front of card to open larger version.

**Smoking Causes Immediate Damage to Your Body.**

**You Can Quit. For Free Help Call 1-800-QUIT-NOW.**

## **YOU CAN QUIT.**

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

1-855-DÉJELO-YA (1-855-335-3569)

<https://pa.quitlogix.org/>



**Business Card (front and back)**  
Double-click on front of card to open larger version.

To order these materials, please contact:

Pennsylvania Department of Health  
Bureau of Health Promotion and Risk Reduction  
Division of Tobacco Prevention and Control  
625 Forster Street, Room 1032 Health and Welfare Building  
Harrisburg, PA 17120  
(717) 783-6600