



## Tobacco Cessation Services

### Fact Sheet

The single most important thing that you can do for your health and the health of others is to quit using tobacco.

Quit Now Kentucky is a FREE tobacco cessation service to help Kentuckians quit smoking or using tobacco products. Quit Now Kentucky features proactive telephone coaching, web-based services, and text messaging. Many people who use tobacco want to quit. By using Quit Now Kentucky, participants are one step closer to becoming tobacco free.

Kentuckians who want to stop using tobacco or are concerned about a family member or friend's tobacco use can call **1-800-QUIT NOW** (1-800-784-8669) from 8 am to 1 am EST (7 am to 12 midnight CST) Monday through Sunday or log on to [www.QuitNowKentucky.org](http://www.QuitNowKentucky.org) for resources to prepare to quit. All cessation services are offered in English or Spanish at the point of contact. Counseling in other languages is available free through a third party translation service. Deaf and hard-of-hearing services are also available.

You receive FREE:

- Support and advice from an experienced quit coach
- A personalized quit program with self-help materials
- The latest information about medications that can help you quit
- Online resources (websites, interactive sites)
- eCoach mobile app
- Text messaging and other smart phone applications
- Social support available online
- Referral to additional Kentucky cessation resources
- Pregnancy/postpartum program

DOES IT WORK? YES.

Participants who use Quit Now Kentucky will receive one intake call, a quit kit, up to 5 scheduled coaching calls (9 for pregnant smokers), and unlimited inbound calls as part of their quit attempt. Quit Now Kentucky serves all Kentuckians 15 years of age and older without parental consent regardless of tobacco use.

FOUR GOOD REASONS TO CALL IT QUILTS:

- Your Family – Live a healthier, longer life and watch your family grow.
- Your Health – Tobacco use can cause cancer, heart disease, chronic bronchitis, emphysema, asthma attacks, and poor birth outcomes if pregnant – just to name a few.
- Your Child's Health – SIDS, ear infections, asthma, and bronchitis from exposure to secondhand smoke.
- Tobacco use is costly – The average smoker spends \$500 to \$3,000 a year on cigarettes.

Take control of your tobacco dependence and Quit Now Kentucky.