

MONTANA TOBACCO QUIT LINE PROGRAMS AND BENEFITS

ALL MONTANA RESIDENTS

ELIGIBLE FOR THE MONTANA TOBACCO QUIT LINE 1-800-784-8669 OR 1-800-QUIT-NOW

- Free personalized quit plan
- Free pro-active coaching
(5) follow-up calls from a Quit Coach®
- **(8)** weeks of free Nicotine Replacement Therapy
Patches, gum or lozenges available
- Reduced cost prescription cessation medication

quitnowmontana.com

1-800-QUIT-NOW

YOUTH: MY LIFE, MY QUIT

UNDER 18? TEXT "START MY QUIT" TO 1-855-891-9989

- **(5)** Free coaching sessions by live text, chat, or phone
- Confidential enrollment
Respects your privacy: no one will know a youth enrolls unless they want them to know.
- Specially trained coaches to work with youth on quitting tobacco, including e-cigarettes/vaping

mylifemyquit.com

1-855-891-9989

AMERICAN INDIANS

AMERICAN INDIAN COMMERCIAL TOBACCO QUIT LINE 1-855-372-0037

- Individualized quit plans
- Culturally sensitive coaching
- American Indian coaches
(10) follow-up calls from a Quit Coach®
- **(8)** weeks of free Nicotine Replacement Therapy
- Reduced cost prescription cessation medication

MTAmericanIndianQuitline.com

1-855-372-0037

PREGNANT WOMEN

ELIGIBLE FOR PREGNANCY QUIT LINE THROUGH 1-800-784-8669 OR 1-800-QUIT-NOW

- Dedicated female coach
Up to (9) coaching calls
- \$5 reward for up to 5 calls while pregnant and \$10 reward for up to 4 calls postpartum. *Total of (9) calls.*
- **(6)** weeks of free Nicotine Replacement Therapy while pregnant with a valid prescription
- **(6)** additional weeks of Nicotine Replacement Therapy postpartum

1-800-QUIT-NOW

Quitting nicotine is hard. Montana Tobacco Quit Line programs are here to help. Call or visit online today!

QuitNowMontana.com

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