

Financial assistance

The Affordable Care Act requires health insurance plans to offer the following resources for free, for up to two quit attempts per year:

- Four nicotine-quitting counseling sessions by phone.
- 90 days of FDA-approved prescription medication for nicotine replacement.

Using prescription medication with professional support doubles your chances of quitting.

Does your health plan not offer this? Notify the Office of the Insurance Commissioner: (800) 562-6900

Need insurance?

If you are in need of health insurance, these organizations can help:

Washington Healthplanfinder
wahealthplanfinder.org

Medicare
medicare.gov


Peninsula Community Health Services
pchsweb.org – health insurance navigators available


It's never too late to
quit nicotine.
Start today!


Quitting nicotine will improve your health and save you money. Being nicotine-free creates better relationships and puts you back in control.

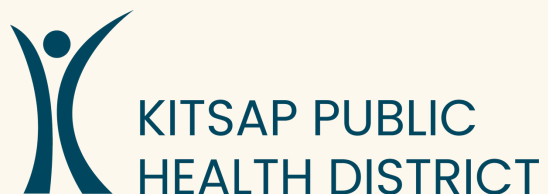
We can help you find the resources you need to achieve a nicotine-free life.

Contact us

 kitsappublichealth.org/nicotine

 360-728-2235

 cdp@kitsappublichealth.org



BE NICOTINE FREE



It's a journey.

Adapted from the American Lung Association

Pinpoint

Notice the ways your nicotine addiction impacts your daily life.



Prepare

Ask for support and find resources to help you quit. Plan to avoid things that will make you want to use nicotine.

Persevere

Quitting can be challenging, but you can do this! Seek support, set goals, and find new things to enjoy.



Don't give up!

When quitting nicotine, you may have a setback and use nicotine again. That's okay and you are not alone. Don't give up. Keep trying and you will reach your goal!



Quitlines

Washington State Quitline

quitnow.net

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

Llamar 1-855-DÉJELO-YA (335-3569)

TTY/TDD 1-877-777-6534

Text "READY" to 200-400

Asian Smokers' Quitline

Services available for several languages including:

中文 Mandarin & Cantonese 1-800-838-8917

한국어 Korean 1-800-556-5564

Tiếng Việt Vietnamese 1-800-778-8440

Quit VET

Nicotine quitting services available to any veteran with coverage from the VA.

Call 1-855-QUIT-VET (784-8838)

Online resources

SmokeFree

smokefree.gov

Tools, tips, and a plan builder to help you quit.

You Can Quit 2

ycq2.org

A tool to help service members quit.

WADOH Self Help Option

doh.wa.gov/self-help-options

Free programs that support you in dealing with urges to smoke or vape.

Withdrawal FAQs

cdc.gov/tobacco

The CDC provides information on what to expect when withdrawing from nicotine.