

WYOMING QUIT TOBACCO PROGRAM

Easy • Efficient • Effective

A comprehensive service offered by Healthways to assist Wyoming tobacco users in their attempt to quit tobacco.

WYOMING RESIDENTS HAVE MANY OPTIONS FOR SUPPORT, INCLUDING:

- PERSONALIZED QUIT PLANS AND TOOLS AVAILABLE BOTH ON THE PHONE AND WEB
- FREE, PRIVATE QUIT COACHING
- LOW-COST TOBACCO CESSATION MEDICATIONS

(NicoDerm® patch, Nicorette® gum, Commit® lozenge, CHANTIX®, WELLBUTRIN SR®, WELLBUTRIN XL® and Zyban®)

HOW DO I GET STARTED?

ONLINE REGISTRATION

1. Go to wy.quitnet.com
2. Click - **ENROLL ONLINE NOW**
3. Choose your program
4. Order your medication

PHONE REGISTRATION

1. Call # **1-800-QUIT-NOW**
2. A representative will ask for some basic information
3. Choose your program
4. Order your medication

YOU CHOOSE THE SERVICES YOU WANT

- Personal quitting plan
- Low-cost medications
- 24/7/365 support
- 5 scheduled telephone calls with trained quit coach
- Quit Guide booklet
- quitTipsSM e-mail to your inbox

QUITTING TOBACCO IS ONE OF THE BEST THINGS YOU CAN DO FOR YOUR HEALTH

1-800-784-8669 or wy.quitnet.com



WHERE DO YOU DRAW THE LINE?