
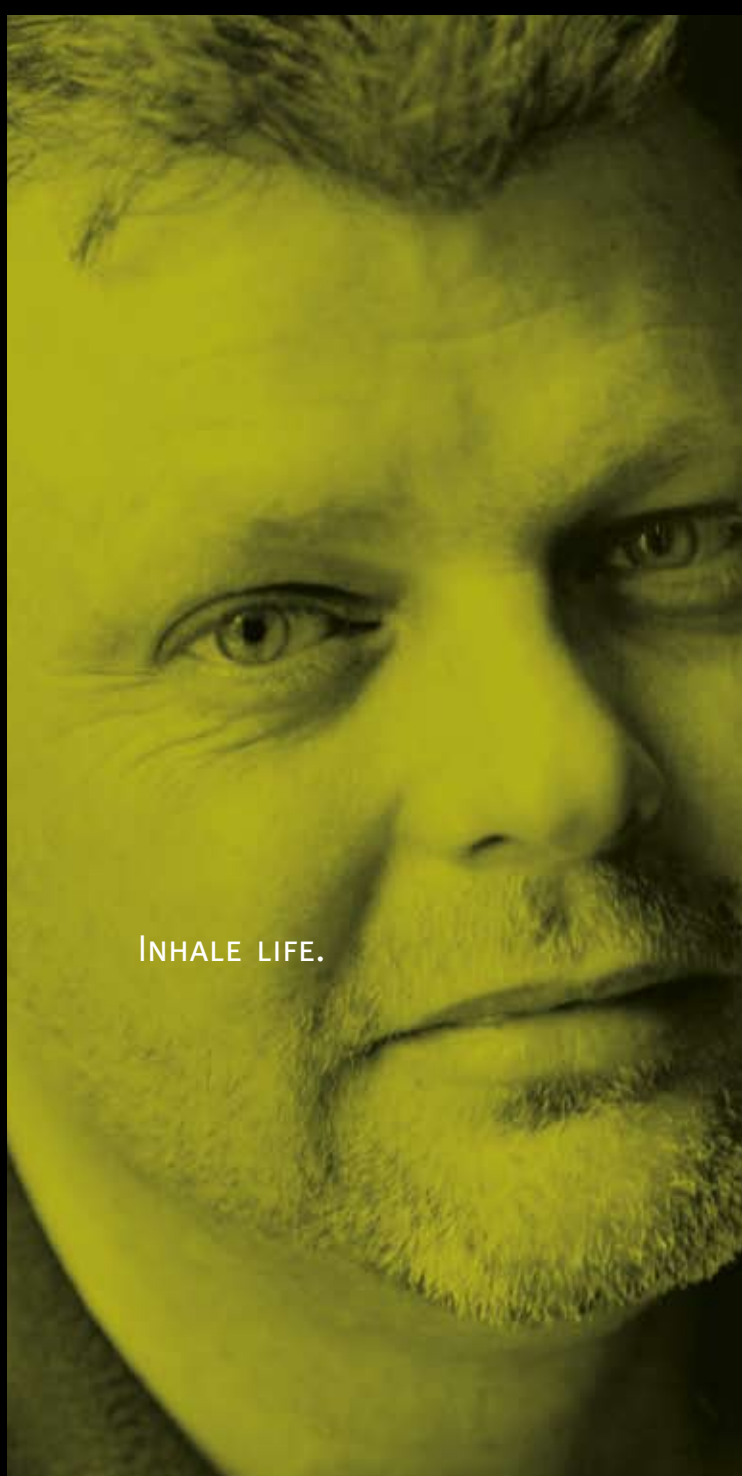


**FREE OR REDUCED COST  
NICOTINE REPLACEMENT THERAPY (NRT)  
PATCHES FOR QUALIFIED  
OHIO TOBACCO QUIT LINE CALLERS**


- THE CALLER MUST BE AT LEAST 18 YEARS OLD AND ENROLLED IN THE OHIO TOBACCO QUIT LINE CESSATION PROGRAM.
- TO PARTICIPATE IN THE **FREE** NICOTINE PATCH PROGRAM, THE CALLER'S HEALTH PLAN OR EMPLOYER MUST BE A *PARTICIPATING PARTNER\** AND MUST VERIFY THE CALLER IS ELIGIBLE FOR THE BENEFIT.
- UPON VERIFICATION, THE OHIO TOBACCO QUIT LINE WILL SHIP A 4-WEEK SUPPLY OF OVER-THE-COUNTER STRENGTH PATCHES TO THE CALLER VIA THE MAIL.
- CALL 800-QUIT-NOW TO HEAR MORE INFORMATION ABOUT PARTICIPATING PLANS AND EMPLOYERS.
- ALL UNINSURED OHIOANS ARE ELIGIBLE FOR **REDUCED COST** PATCHES VIA A COUPON MAILED TO THE HOME TO REDEEM AT A PARTICIPATING PHARMACY.
- AN ADDITIONAL 4-WEEK SUPPLY, **FREE** OR **REDUCED COST**, MAY BE OBTAINED IF NEEDED.
- IF YOU'RE READY TO QUIT, CALL 800-QUIT-NOW.

*\*NOT ALL INSURANCE PLANS OR EMPLOYERS ARE PARTICIPANTS.*

 OHIO  
TOBACCO  
**QUIT LINE** CALL IT QUILTS.  
**800-QUIT-NOW**  
800-784-8669



INHALE LIFE.

 OHIO  
TOBACCO  
**QUIT LINE** CALL IT QUILTS.  
**800-QUIT-NOW**  
800-784-8669

# THE OHIO TOBACCO QUIT LINE IS A FREE TELEPHONE SERVICE THAT HELPS OHIOANS QUIT SMOKING AND USING TOBACCO.

## WHO CAN CALL?

OHIOANS WHO WANT TO QUIT USING TOBACCO OR ARE CONCERNED ABOUT A FAMILY MEMBER OR FRIEND'S TOBACCO USE.

## WHEN CAN I CALL?

OHIOANS CAN CALL TOLL FREE 800-QUIT-NOW:

- MONDAY-THURSDAY: 9 AM TO 11 PM
- FRIDAY: 9 AM TO 9 PM
- SATURDAY-SUNDAY: 10 AM TO 6:30 PM  
(24-HOUR VOICE MAIL, WE'LL CALL YOU BACK)  
WWW.STANDOHIO.ORG FOR MORE INFO.

## WHAT HAPPENS WHEN I CALL?

WHEN YOU CALL THE OHIO TOBACCO QUIT LINE, YOU'LL RECEIVE **FREE**:

- SUPPORT AND ADVICE FROM AN EXPERIENCED QUIT SPECIALIST.
- A PERSONALIZED QUIT PLAN AND SELF-HELP MATERIALS.
- THE LATEST INFORMATION ABOUT MEDICATIONS THAT CAN HELP YOU QUIT.

## DOES IT WORK? YES.

QUIT LINE CALLERS ARE **FIVE TIMES** MORE LIKELY TO SUCCEED THAN THOSE WHO TRY TO QUIT ON THEIR OWN.

## THREE GOOD REASONS TO CALL IT QUILTS.

- YOUR FAMILY – LIVE A HEALTHIER, LONGER LIFE AND WATCH YOUR FAMILY GROW. THEY NEED YOU.
- YOUR HEALTH – TOBACCO USE CAUSES CANCER, HEART DISEASE, CHRONIC BRONCHITIS, ASTHMA AND EMPHYSEMA. TO NAME A FEW.
- THE COST – THE AVERAGE SMOKER SPENDS \$500-\$3,000 A YEAR ON CIGARETTES. COSTLY IN MORE WAYS THAN ONE.

## QUIT NOW. FEEL THE DIFFERENCE.

IMPROVEMENTS IN YOUR HEALTH BEGIN WITHIN MINUTES OF QUITTING, EVEN IF YOU HAVE USED TOBACCO FOR YEARS.

### 20 MINUTES

BLOOD PRESSURE AND PULSE RATE DECREASE.

### 8 HOURS

CARBON MONOXIDE AND OXYGEN LEVELS IN BLOOD RETURN TO NORMAL.

### 1 DAY

CHANCE OF A HEART ATTACK DECREASES.

### 2 DAYS

BETTER SENSE OF SMELL AND TASTE.

### 2 WEEKS - 3 MONTHS

CIRCULATION IMPROVES AND LUNG FUNCTION INCREASES.

### 1-9 MONTHS

COUGHING, SINUS CONGESTION, FATIGUE AND SHORTNESS OF BREATH DECREASE.

### 1 YEAR

THE LIKELIHOOD OF A HEART ATTACK IS CUT IN HALF.