



Oregon Tobacco Quit Line Services Currently Available*

The Quit Line is free to all Oregonians. Tobacco users who call the Quit Line when they quit dramatically increase their chances of success. The friendly, confidential coaching at the Quit Line is tailored to callers whether they are considering quitting, actively quitting, needing a little help to stay quit, or supporting someone else to quit.

- All callers who register for service may receive personalized coaching and a Quit Guide tailored to their stage of readiness – including specialized materials for Spanish speakers, pregnant women, smokeless tobacco users, youth and those supporting someone else who's quitting.
- Callers with private insurance can receive information about quitting benefits that may be available through their insurance plan.
- Oregon Health Plan (Medicaid) members are eligible for counseling services, nicotine replacement products and quit medication (Zyban, etc.) through their plans.

1-800-QUIT-NOW

(1-800-784-8669)

Spanish 1-877-2NO-FUME

Hearing impaired callers (TTY) 1-877-777-6534

Hours: 5 a.m. – 9 p.m. every day

**As of October 1, 2008 and until further notice, the multiple-call counseling program will only be available to Medicaid fee-for-service members and callers covered by the CareAssist supplemental health insurance program. Nicotine replacement therapy will only be available to CareAssist callers.*