

I'M **DONE** LETTING
CIGARETTES AND VAPES
CONTROL **MY LIFE.**



Call or sign-up online for a **FREE** custom quit plan,
FREE patches, gum or lozenges **and more!**

The Hawai'i Tobacco Quitline is open 24 hours a day,
7 days a week and is completely **FREE.**

HAWAII TOBACCO QUITLINE

1-800 QUIT-NOW

HawaiiQuitline.org | 1-800-784-8669



Call or sign-up online to receive these FREE services:

- Planning and educational materials to map out your quit journey.
- Coaching by phone or e-chat with experienced coaches. Text coaching for young adults, 18-24 years old.
- Nicotine Replacement Therapy (NRT) for FREE, based on insurance and medical eligibility.
- Specialized programs that meet you where you're at in your quit journey:



2-week NRT Starter Kit of patches, gum or lozenges to kick-start your quit attempt. Coaching program not required.



The **Behavioral Health program** provides up to seven coaching calls with longer term support to stay quit.



The **Pregnancy and Postpartum program** is designed to help you quit while you're pregnant and provides additional support after you deliver your baby to stay quit. Incentives offered.



My Life, My Quit is a special program for youth 17 years old and younger with specially trained coaches available by text, e-chat or phone. For more information, visit MyLifeMyQuit.com, call 1-855-891-9989, or text "Start My Quit" to 36072.



Text, email, and online support are available for participants that could benefit from additional support on their quit journey.

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