

CareSource knows it is hard to quit smoking. We're here to help. We offer the Michigan Tobacco Quitline, a free program through the American Cancer Society. The Michigan Tobacco Quitline is a telephone coaching service to help tobacco users who are trying to quit. The Quitline is answered 24 hours a day, seven days a week.

### Here's how it works:

- ▶ Call the Michigan Tobacco Quitline at **1-800-QUIT-NOW** (1-800-784-8669). During your first call, you will be asked questions about your tobacco use and your reasons for quitting. This will take about 20 minutes.
- ▶ You can choose to have a one-time session to help you plan how to quit on your own. Or, you can enroll in a five-session coaching program.

- ▶ If you choose the coaching program, you will be assigned a coach to help you. You will have the same coach help you through the program.
- ▶ You pick the best day and times for the coaching sessions. The coach will call you. You will also receive free printed information through the mail. It is filled with suggestions about how to cope with temptations to smoke.

CareSource also covers nicotine replacement therapy such as nicotine gum or patches, or medications like Zyban or Wellbutrin. All you need is a prescription from your physician.