

# MAKE SOMEDAY TODAY.

You dream of having a healthy baby. You know smoking could put your baby at risk. Don't let tobacco steal your dream. It's never too late to quit. Call a professional Quit Coach®; they are ready to help. Quit for your baby. Quit for your health. Call 1.800.Quit.Now.

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**#QUIT2DAY**



**1.800.QUIT.NOW**  
Indiana's Tobacco Quitline

Quitting tobacco is hard, but you can do it.  
Visit [QuitNowIndiana.com](http://QuitNowIndiana.com) to learn more.




# The Secret to Having a Healthy Baby is a Healthy Pregnancy.

If you want to quit tobacco, Quit Now Indiana will teach you how. The program takes a woman-centered approach, balancing the benefits of quitting for you and your baby. The Quit Now program is free; you'll get professional help to quit for life. There is no cost to enroll for eligible participants.

## Pregnant women receive:

1. **Quit Coach®:** You get a personal expert experienced at helping pregnant women trying to quit tobacco. Up to 10 coaching calls. (many are former tobacco users)
2. **Text2Quit®:** Text messages allow you to connect with your Quit Coach® and Web Coach® all from your smart phone.
3. **Web Coach®:** Get access to private online tools, videos, track your progress and interact with others quitting.
4. **Quit Guide:** You receive a quit book that helps you stick with your personalized Quitting Plan.



Your professional Quit Coach® will help you quit at your own pace.  
No lectures. No pressure. Call 1.800.Quit.Now.

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**NO JUDGMENTS. JUST FREE HELP.**

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