Ayudamos a Conectiquit.

Helping Connectiquit.

Encuentre ayuda a su estilo.

Cuando esté listo para dejar de fumar.

When you're ready to quit.

Find help that fits your style.

Get help with:

- Creating a quit plan
- Answering questions
- Working through cravings
- Guides to keep you on track
- Medications to help with cravings
- Referrals to local programs
COMMIT TO QUIT HAS OPTIONS TO HELP YOU QUIT TOBACCO

TELEPHONE

CT QUITLINE
1.800.QUIT.NOW

A free telephone program that provides coaching by trained staff, many of whom are ex-smokers. Open 24 hours a day, 7 days a week. Coaching available in all languages. TTY is available at 1-877-777-6534.

ONLINE

The Connecticut QuitLine www.quitnow.net/connecticut

A free self-guided web program to help create a quit plan, answer questions, keep you on track, and provide tips to help with cravings. Available in English and Spanish.

www.BecomeAnEx.org

A free self-guided web program that provides help quitting, advice from experts, text messages to help quit smoking or vaping, and access to an online support community.

SMART PHONE APPS

Free in Google Play & App Store

 QuitGuide

Tracks cravings and moods, monitors progress, identifies smoking triggers and strategies to deal with them, helps you become and stay smoke-free.

 QuitStart

Created for teens but good for adults. Tracks moods and cravings, tracks goals and achievements in quitting, and provides personalized messages.

MEET IN-PERSON

www.ct.gov/dph/tobacco

Look for the link “Local Community Cessation Programs” for a free or low cost program near you.

INSURANCE COVERAGE

According to the Affordable Care Act, private insurance programs should be covering tobacco cessation services and medications. CT Medicaid covers cessation counseling and all FDA-approved cessation medications. Medicare covers cessation counseling and prescription cessation medications. Check with your insurance provider about your benefits.