


YOUR **REASON** FOR **QUITTING.**

Handout #7



A **FREE** TOBACCO QUIT LINE COUNSELING SERVICE FOR
UNINSURED OHIOANS, MEDICAID RECIPIENTS, PREGNANT WOMEN
AND MEMBERS OF THE OHIO TOBACCO COLLABORATIVE

 OHIO
TOBACCO
QUITLINE CALL IT QUIT.
1-800-QUIT-NOW
1-800-784-8669
<http://ohio.QuitLogix.org>

THE OHIO TOBACCO QUIT LINE

1-800-QUIT-NOW | 1.800.784.8669

WHO CAN CALL?

The Ohio Tobacco Quit Line is available to uninsured Ohioans, Medicaid recipients, pregnant women and members of the Ohio Tobacco Collaborative.

WHEN CAN I CALL?

The Quit Line is staffed:

Monday–Friday: 9 AM to 11 PM.

Saturday and Sunday: 10:30 AM to 6:30 PM.

- Voicemail services are available 24/7.
- All messages will be returned within 24-48 hours.

WHAT HAPPENS WHEN I CALL?

When you call the Ohio Tobacco Quit Line, you'll receive FREE:

- Support and advice from an experienced Quit Specialist.
- A personalized Quit Plan and self-help materials.
- The latest information about medications that can help you quit.

Free nicotine patches are available for qualified callers. Ask your Quit Line counselor if you are eligible.

DOES IT WORK? **YES.**

- Quit Line callers are **FIVE TIMES** more likely to succeed than those who try to quit on their own.

THREE GOOD REASONS TO **CALL IT QUILTS.**

- **Your Family** – Live a healthier, longer life and watch your family grow. They need you.
- **Your Health** – Tobacco use causes cancer, heart disease, chronic bronchitis, asthma and emphysema to name a few.
- **The Cost** – The average smoker spends \$1,500.00 - \$3,000.00 a year on cigarettes. It's costly in more ways than one.

IT'S HARD TO QUIT TOBACCO...BUT WE CAN HELP
ALL YOU HAVE TO DO IS CALL.

A **FREE** TELEPHONE SERVICE THAT HELPS OHIOANS
QUIT SMOKING AND USING TOBACCO.

QUIT NOW. FEEL THE DIFFERENCE.

Improvements in your health begin within minutes of quitting even if you have used tobacco for years.

20 MINUTES

Blood pressure and pulse rate decrease.

8 HOURS

Carbon monoxide and oxygen levels in blood return to normal.

1 DAY

Chance of a heart attack decreases.

2 DAYS

Better sense of taste and smell.

2 WEEKS - 3 MONTHS

Circulation improves and lung function increases.

1-9 MONTHS

Coughing, sinus congestion, fatigue and shortness of breath decrease.

1 YEAR

The likelihood of a heart attack is cut in half.



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INTERESTED IN LEARNING MORE
ABOUT TOBACCO CESSATION
AND ENROLLING IN THE
OHIO TOBACCO QUIT LINE ONLINE?

Log on to **Ohio.quitlogix.org** and enroll 24/7.
A quit specialist will call you within 24–48 hours
to begin counseling services.


Members of the Ohio Tobacco Collaborative are also eligible for services through the Quit Line. The Ohio Tobacco Collaborative is a unique private-public partnership which provides insurance carriers, employers and third-party administrators with access to the Ohio Tobacco Quit Line services at a state-negotiated (reduced) rate. Call the Ohio Tobacco Quit Line to find out if your employer or health plan is a member.

If you are ready to quit, call
1-800-QUIT-NOW
or log on to
Ohio.quitlogix.org



Scan the code
for a quick link to
our website.

Must have a
QR Reader Ap for
your smartphone.

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