# Make your plan to quit today with these services.

## NDQuits Coach

*Your NDQuits coach can offer help, advice, encouragement, support, and reliable health information — without hassles or pressure. Throughout the quitting process, you can use online chat sessions, or receive regular phone calls from your NDQuits coach at your convenience.*

## 24/7/365 Support

*Get round-the-clock support from other people who have been there, who know what you're going through, and who can help with tips and encouragement.*

## Free Nicotine Replacement Products

*You may qualify for free nicotine replacement patches, gum, or lozenges. WARNING: E-cigarettes, vaping devices, or any kind of electronic nicotine delivery systems are not FDA-approved for quitting tobacco or nicotine.*

## Recorded Messages

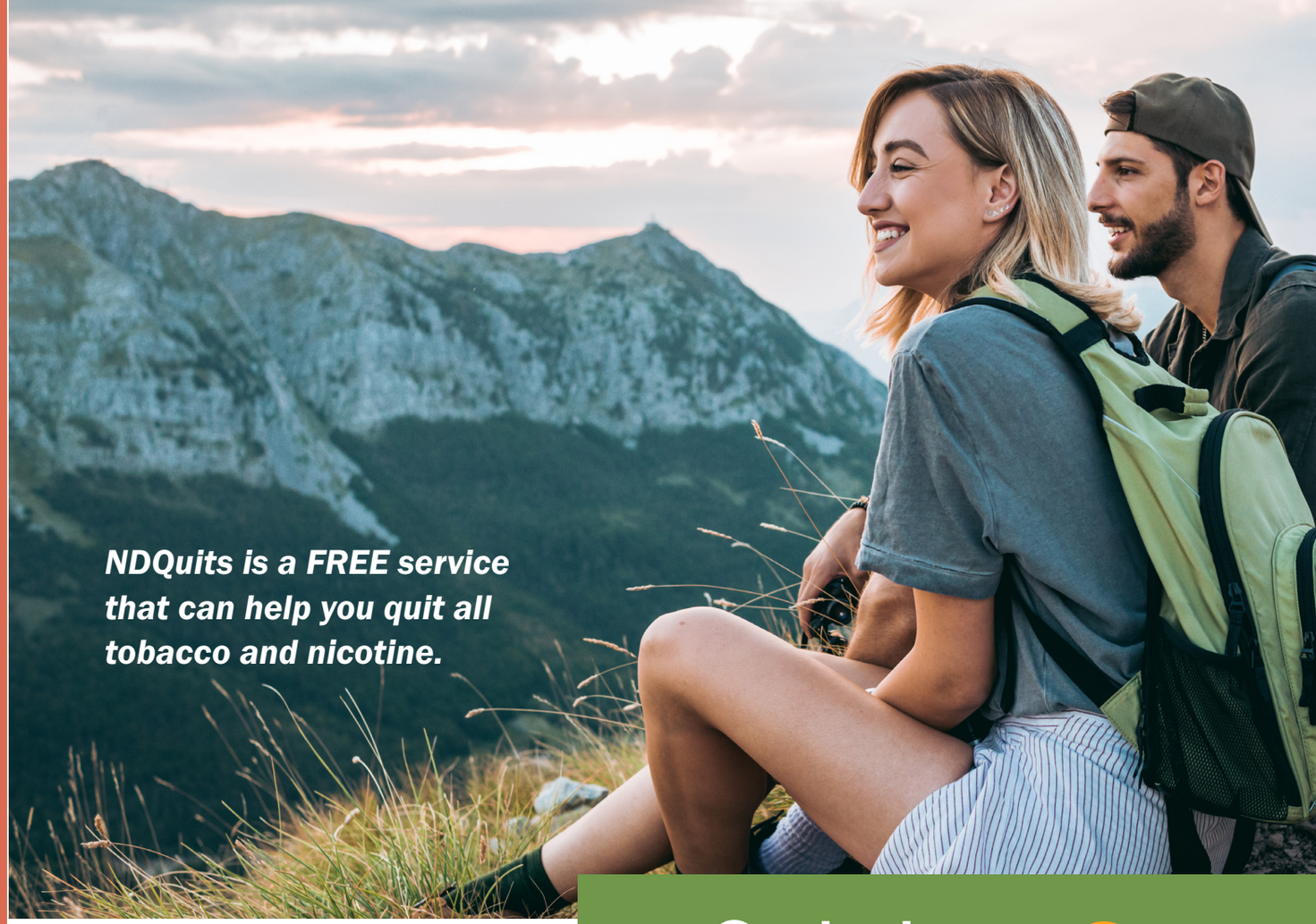
*Listen to available recorded phone messages about a variety of topics, such as dealing with withdrawal symptoms and managing triggers.*

## Email Quit Tips

*Get helpful daily tips including changing your routine, being aware of your triggers. or preparing healthy snacks to help with your cravings.*

## Online Calculators

*For extra motivation, use online calculators to figure how many days you've extended your life and how much money you've saved.*




**NDQuits**
**1-800-QUIT-NOW (1-800-784-8669)**
**ndhealth.gov/ndquits**

NORTH Dakota | Health
Be Legendary.™

NDQuits is a service of the North Dakota Department of Health. For more information, visit: www.ndhealth.gov

# Quitting Tobacco & Nicotine?

You can with **NDQuits**

# You CAN Quit Tobacco and Nicotine.

Quitting might be one of the toughest things you ever do. With free, private, and confidential services from NDQuits, you can quit for good. NDQuits offers FREE telephone and online options that you can use together the way that works best for you.

## Quitting is Good for You.

- Quitting puts you back in control of your health, your choices, your life.
- Quitting lowers your risk of cancer, heart disease, and more.

## Quit Your Way. We're here to help.

A variety of tools and services for quitting are available by phone, online, or in combination for your maximum benefit. Whether online or by phone, you will have the support of a professional NDQuits coach to increase your success. They will help build your self-confidence and belief in your ability to quit.

## NDQuits is a FREE service

**THAT CAN HELP YOU QUIT ALL TOBACCO AND NICOTINE:**

- *Smoking*
- *Using Chew, Snus, or Snuff*
- *Vaping*

## Call NDQuits Toll-Free

**1-800-QUIT-NOW (1-800-784-8669)**
**TDD: 1-800-842-4681**

*Talk with an NDQuits coach, who will help you set a quit date and enroll you in the program.*

## Visit NDQuits Online

**WWW.NDHEALTH.GOV/NDQUITS**

*Click "Get Started Now" to register and access various services.*