



# Start quitting today

## Ask your pharmacist about enrolling in the Illinois Tobacco Quitline

With the Illinois Tobacco Quitline, you can find the support and resources to succeed at quitting. **Here's how:**

### It's free

Customizable services are designed to fit your life and give you support that's proven to help you quit tobacco (cigarettes, e-cigs, cigars, chew).

### It's evidence-based

For those eligible, the Quitline offers effective forms of support including up to 8 weeks of free nicotine patches, gum, or lozenges.

### It's personalized

Develop a custom quit plan tailored to your tobacco experience with one of our counselors trained in tobacco cessation. All information is kept confidential and secure.

### Ask your pharmacist today

Get referred to the Illinois Tobacco Quitline and start quitting today.



Scan to learn more about quitting tobacco.

711 TTY Relay

— ILLINOIS —  
**TOBACCO  
QUITLINE**  
YOUR QUIT, YOUR CALL