

Resources to Help You Become Tobacco Free

Did You Know? You are much more likely to quit when you use counseling program in combination with medication.

Help includes:

- A doctor's visit to get started
- Face to face counseling
- Cessation groups
- Medication
- Online support

Help Quitting – One Phone Call Away

There is no cost to you, whether you're covered by insurance or not. **If you have one of the health plans below**, call the number listed.

Blue Cross Blue Shield of MN and Blue Plus	1-888-662-BLUE
CCStpa	1-888-662-QUIT
First Plan of Minnesota	1-888-662-BLUE
HealthPartners	1-800-311-1052
Medica	1-866-QUIT-4-LIFE
MCHA members	1-866-QUIT-4-LIFE
Metropolitan Health Plan	1-800-292-2336
PreferredOne Community Health Plan	1-800-292-2336
UCare Minnesota	1-888-642-5566

If your health plan is not listed or you do not have a health plan, call:

QUITPLAN® 1-800-354-PLAN (7526)

American Lung Association Helpline: 1-800-LUNGUSA

Local help quitting:

Freedom From Smoking Classes

Contact Carol Biren at 507-537-6713 or

carol.biren@swmhhs.com for more information

Online Quit Smoking Help

These websites offer free online help to quit smoking:

- www.ffsonline.org
(Freedom from Smoking Online)
- www.quitplan.com
- www.smokefree.gov
- www.way2quit.com

QUITPLAN provides medication and counseling support to anyone over 18 who lives or works in Minnesota.

**QUITPLAN
1-888-354-PLAN (7526)**

QUITPLAN helps you stop using any form of tobacco. A professional counselor works with you to set up a personalized plan to quit, which may include free nicotine

