



Brochure

### Free Massachusetts Resources to Help Quit Nicotine

**1-800-QUIT-NOW | [mass.gov/quitting](https://mass.gov/quitting)**

- Free and confidential phone coaching service to help you quit tobacco – whether cigarettes, e-cigarettes, chew, or other tobacco or nicotine products.
- Judgment-free phone, email, and text support to help you stay on track. You can receive automated emails and text messages tailored to the product you use and your readiness to quit. You can also receive materials and track your quit progress online.
- Help with making a quit plan that is right for you. Quit coaches can offer advice on medications and how to get through cravings. With coaching AND medicine, you are more than two times as likely to quit for good.
- Support if you've already quit and need help staying nicotine-free.

**How does 1-800-QUIT-NOW work?**

- You must be a Massachusetts resident, 12 years of age or older for any coaching program, and 18 years of age or older to receive quit medicines, such as nicotine replacement therapy (NRT).
- You are eligible for one intake call to get to know you and up to five coaching calls to help you with your quit journey.
- Residents can place unlimited calls for support; eCoach (via online chat) programs are also available.
- If you meet certain medical eligibility requirements, up to eight weeks of NRT is provided FREE of charge after speaking with a quit coach. Either patches, gum, or lozenges are shipped directly to your home.
- Friends and family, providers, educators, professionals, and others can call with questions to support a loved one along their quit journey.
- Your healthcare provider may also refer you to 1-800-QUIT-NOW through a service called Quitworks.
  - If your healthcare provider refers you to 1-800-QUIT-NOW, you will receive an initial call within 24-48 hours to get started on your quit journey.
- For more information on what to expect visit [mass.gov/quitting](https://mass.gov/quitting).

**Call 1-800-QUIT-NOW (1-800-784-8669) or enroll online at [mass.gov/quitting](https://mass.gov/quitting)**

- Available 24/7 (holiday hours may vary)
- English, Spanish, and Arabic-speaking coaches
- Spanish speakers may call 1-855-DÉJELO-YA (1-855-395-3969) directly to speak with a Spanish-speaking coach
- Interpretation services are available for 200 languages for most programs
- Referrals made to the Asian Smokers' Quitline (Chinese, Korean, and Vietnamese) ([asiansmokersquitline.org](https://asiansmokersquitline.org))

To order or download free materials about quitting nicotine/tobacco, visit the Massachusetts Health Promotion Clearinghouse at [mass.gov/healthpromotion](https://mass.gov/healthpromotion).

### Specialized Support From 1-800-QUIT-NOW

**For residents who use menthol products**

- If you indicate you use menthol tobacco products, you may be eligible for an incentive program (based on availability):
  - You will receive up to five coaching calls, the first three of which are included in the incentive program.
  - You will receive \$10 after completing the first coaching call, \$15 after the second coaching call, and \$25 after the third coaching call (gift cards).
  - You must complete coaching calls via telephone to receive the gift card(s), even if you enroll online.
- Up to eight weeks of nicotine replacement therapy is provided FREE of charge after speaking with a quit coach if you meet certain medical eligibility requirements.
  - Either patches, gum, or lozenges are shipped directly to your home.
- If you are enrolled in the Menthol Incentive Program, you may also receive services under the Behavioral Health Program (see Jack).

**For pregnant people**

- You will receive up to nine coaching calls: five during pregnancy and four after birth (postpartum).
- You will have the same dedicated quit coach for all calls.
- You can earn up to \$65 on a Mastercard gift card just by participating.
- Automated text messaging, email support, and tailored materials are available.

Resource Flyer



Wallet Card

### Take the first step toward a nicotine-free life

**Call 1-800-QUIT-NOW or enroll online at [mass.gov/quitting](https://mass.gov/quitting)**

We can help you stop smoking, vaping, or using other tobacco products

Judgment-free phone, email, and text support to help you stay on track

Free coaching to help you create a quit plan that's right for you

You may be eligible for free quit materials (patches, gum, or lozenges) delivered to your home

Podemos ayudarlo a dejar de fumar, vapear o usar otros productos con tabaco

Asesoramiento individual y gratuito para desarrollar un plan para dejar de fumar adecuado para usted

Asistencia por teléfono, correo electrónico y mensajes de texto sin preguntas para ayudarlo a mantenerse un camino firme

Podría ser elegible para recibir medicamentos gratuitos para dejar de fumar (parches, chicles de nicotina o pastillas de nicotina) entregados en la puerta de su casa

**Dé el primer paso hacia una vida sin nicotina**

**Llame al 1-855-DÉJELO-YA o inscríbese en el sitio web [mass.gov/quitting](https://mass.gov/quitting)**

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