



## The Maryland Tobacco Quitline now offers **FREE** evidence-based text message support and enhanced web-based services!

Quitting smoking is one of the most important steps a person can take to improve their health and quality of life. **The Maryland Tobacco Quitline, 1-800-QUIT-NOW**, is a **FREE** evidence-based telephone counseling program available **24 hours a day, seven days a week**. The Quitline provides services in English and Spanish and other languages via translation services by highly trained Quit Coaches<sup>®</sup> to Marylanders 13 years and older. Additionally, tobacco users 18 years and older have **FREE** access to the following benefits: (1) four weeks supply of Nicotine Replacement Therapy (NRT), such as the patch or gum, and (2) the NEW **Web Coach<sup>®</sup>** and **Text2Quit<sup>®</sup>** support programs!

### Web Coach<sup>®</sup>

Web Coach<sup>®</sup> is an interactive website [www.quitnow.net/maryland](http://www.quitnow.net/maryland) offering the following services:

- Information on the health risks of continued smoking, the benefits of quitting, and the risks of second-hand smoke.
- Unlimited access to tailored messages, counseling, and feedback from Quit Coaches trained to assist in the quitting process.
- Personalized smoking cessation plans for each registered participant.
- Ability to order a free four week supply of NRT online. (Eligible registered participants 18 and older).
- Up-to-date evidence-based tobacco cessation information.
- Access to local resources that provide additional tobacco cessation support.

### Text2Quit<sup>®</sup>

Text2Quit<sup>®</sup> is a mobile outreach program that helps participants with the following:

- Setting a quit date.
- Managing cravings by providing motivational text messages on coping skills and educational text messages in the forms of games and quizzes.
- Providing tips on using NRT correctly, and information on how to order the patch or gum for free.
- Sustaining participants' motivation throughout the quitting process by providing supportive messages for up to four weeks prior to their quit date and for up to four months following their quit date.

**The Maryland Tobacco Quitline, 1-800-QUIT-NOW**, allows eligible individuals to select the counseling option(s) that work best for them. Whether choosing an individual service or pairing phone, web, and/or text services together, the Quitline provides customized support to help tobacco users successfully quit! Marylanders can enroll in these **FREE** services by calling 1-800-QUIT-NOW (1-800-784-8669) or online at [www.quitnow.net/maryland](http://www.quitnow.net/maryland). Free promotional materials may also be ordered at [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com).

TTY # 1-877-777-6434



The **Maryland Tobacco Quitline** is a free Service offered by  
The Maryland Department of Health and Mental Hygiene