



FREE NICOTINE PATCHES, GUM OR LOZENGES OFFERED BY MICHIGAN TOBACCO QUITLINE THROUGH MAY 31

April 10, 2018– If you're thinking about quitting tobacco, now is a great time with the help of some free tools from the Michigan Department of Health and Human Services' (MDHHS) Michigan Tobacco Quitline. MDHHS is expanding its telephone coaching and nicotine replacement therapy (NRT) program to all Michigan residents through May 31.

During this time, the Michigan Tobacco Quitline will offer a free, two-week supply of nicotine gum, patches or lozenges for all new enrollees who want to quit smoking or chewing tobacco. Tobacco users who would like to quit may call the Quitline phone number at 800-QUIT-NOW (800-784-8669). Enrollment is available 24 hours a day, seven days a week.

The Quitline serves all ages, however, callers seeking NRT must be over 18 and meet basic health requirements. Enrollees will receive a coach who will assist them in setting a quit date, choosing a nicotine replacement product that is right for them and making an individualized quit plan. The coach will provide support with up to four telephone coaching sessions scheduled around the caller's quit date.

In a press release sent out on March 28, 2018, Dr. Eden Wells, MDHHS chief medical executive is quoted as saying, "Callers using NRT along with coaching, such as through a telephone-based service like 800-QUIT-NOW, can increase their chances of becoming smoke-free by five times the rate of someone quitting cold turkey."

The Michigan Tobacco Quitline is an evidence-based service providing free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients and American Indians. More than 100,000 calls have been received since the service was launched in October 2003.

The Quitline offers English, Arabic and Spanish-speaking counselors, as well as interpretive services for a wide variety of languages. For more information about the Quitline, call 800-QUIT-NOW or visit Michigan.gov/tobacco.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.



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