

**WHAT IS THE MICHIGAN TOBACCO QUITLINE?
1-800-QUIT-NOW (784-8669)**

The Michigan Tobacco Quitline is operated by National Jewish Health. National Jewish Health is the premier medical and research institution focusing on respiratory diseases in the United States. They have been operating a Quitline since 2002 and serve many states.

During the first call, a trained coach will talk to you about what you feel you need to help you quit. You can get self-help materials, a list of quit smoking programs in your area, or you may be able to register for a free telephone-coaching program. Two new services added in 2013 include a text-messaging program and an online program.

If you register for the telephone coaching program, you will be asked some questions so the quit coach can help create a quit plan that is best for you. A quit guide and other materials will be mailed to you to help you get started.

Special services and information are available for pregnancy, spit-tobacco use, non-English speaking callers and persons with hearing impairments.

Click this link to visit the National Jewish Health website to learn more about the program. You can see comments from other people who have called the Michigan Tobacco Quitline and enroll online at <https://michigan.quitlogix.org/>. To enroll by phone call 1-800-QUIT-NOW (784-8669) or 1-855-DEJELO-YA (335-35692)