



## PROGRAM DESCRIPTION

Quitting tobacco isn't easy. The Utah Tobacco Quit Line (1-800-Quit-Now) is a free telephone coaching program that can help tobacco users end their addiction. [Waytoquit.org](http://Waytoquit.org) has information about the quit line as well as online coaching. Health professionals can make referrals by going to [waytoquit.org/refer-patients](http://waytoquit.org/refer-patients).

## WHAT IS PROVIDED TO UTAH'S TOBACCO QUIT LINE PARTICIPANTS

- A trained coach will talk with a participant to help them develop a personalized quit plan
- Receive up to five individually tailored sessions with a coach
- Get a self-help booklet and information about online resources
- Opt in for text messaging reminders and support
- Receive information about how to help a friend or family member to quit
- Discuss options for medications, including free Nicotine Replacement Therapy to eligible callers (youth are not eligible for NRT)

## WHAT IS PROVIDED TO ONLINE COACHING PARTICIPANTS

- A personalized quit plan
- A quitting coach
- Guided processes for setting a quit date, conquering urges, choosing a medication, or getting social support
- Interactive lessons, worksheets, videos, articles, and podcasts
- Track progress and monetary savings
- Free Nicotine Replacement Therapy for eligible participants

## RESOURCES

- Visit [www.waytoquit.org](http://www.waytoquit.org) or [smokefree.gov](http://smokefree.gov) for more information
- English: Call toll-free 1-800-QUIT-NOW (1-800-784-8669)
- English hours of operation 24 hours a day, 7 days a week
- Spanish: Call toll-free 1-855-DÉJELO-YA (1-855-335-3569)
- Spanish hours of operation 6 a.m. to 10 p.m. MST, 7 days a week

## WHY IS THIS IMPORTANT?

- Patients are more likely to quit when advised by a health care provider.
- Quit Line coaching can more than double a tobacco user's chances of quitting. Quit Line coaching combined with medication (such as NRT) can more than triple the chances of quitting.
- Those who successfully quit reduce their risk for stroke, heart disease, and a number of cancers and other diseases.
- Those who successfully quit save money.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)  
[livingwell@utah.gov](mailto:livingwell@utah.gov)  
1-888-222-2542