



You Can Quit.

We Can Help.

**Alaska's Tobacco Quit Line is
FREE for all eligible Alaskans 18 and
older and is available 24 hours a day,
7 days a week.**

Get FREE support with quitting and staying
quit from all forms of tobacco, including
smokeless tobacco and e-cigarettes, with
a quit plan that is right for you.

Services tailored to your needs:

- Phone, web and text-based coaching

FREE nicotine replacement therapy

- Patches, lozenges and/or gum

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW

alaskaquitline.com

IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

What to Expect When You Contact Alaska's Tobacco Quit Line

Getting Registered

- First time callers will speak to a registration specialist who will confirm your contact information and ask you some questions about your current tobacco use and individual needs.
- If you are referred to the Quit Line, you should expect a call from a registration specialist within a few days.

Working With Your Quit Coach

- The first step in your tobacco-free journey is to set your quit date.
- You will receive support to decide what nicotine replacement therapy is right for you. This may include lozenges, patches and/or gum.
- You will work with your quit coach to address barriers to quitting and help you overcome your tobacco triggers.
- A quit coach will be there for you every step of the way. You can request the time of day for your calls, or if you need extra support, you can call anytime, day or night, to get connected with a quit coach.

What Else Do I Need to Know?

- Quitting is hard. It takes the average person 11 quit attempts before they succeed. Each time you try, you learn what works best for you. The Quit Line is here to help. You can enroll in services up to twice annually at no charge to you.
- If you have an out-of-state phone number, you may have to be re-routed to Alaska's Tobacco Quit Line. Let them know that you currently reside in Alaska and they will transfer you.
- It really is FREE. No catch. The Quit Line is for all Alaskans who want to quit tobacco for good.
- We're here for you – supporting you in the way that works best for you.

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