

Your Path to Quit Tobacco Can Start Today with Alaska's Tobacco Quit Line



What to expect:

- Free quit coaching through phone or online
- Free support through texts and emails
- Free nicotine replacement therapy, like patches, lozenges and gum

Alaska's Tobacco Quit Line can help you quit smoking, chewing, or vaping.

Quitting is one of the best things you can do for your family, health, and community. Quitting improves your health and reduces chances of lung disease, heart disease, and cancers.

Quitting tobacco has health benefits at any age, no matter how long or how much you have used. Quitting also sets a positive example for young people and helps protect future generations by keeping children away from secondhand smoke.

There are proven strategies to help you quit.
Combining **quit coaching and nicotine replacement therapy** increases your chances of quitting.

Alaska's Tobacco Quit Line offers free services wherever you are—anywhere in Alaska.

There are many ways to enroll:

Call **1-800-QUIT-NOW** (1-800-784-8669),

Text **READY to 34191**, or

Visit **alaskaquitline.com** to get enrolled.

Decide which free resources work best for you:

- Nicotine patches, lozenges, and gum
- Coaching over the phone or online
- Supportive emails and texts, and more!

Additional services

You may be eligible for additional free services if you:

- are pregnant, are planning to get pregnant, have recently given birth, or
- are experiencing a mental health condition like depression or anxiety.



alaskaquitline.com