

**QUIT LINE FACT SHEET**

**How the Quit Line Works**



**1** A Wisconsinite calls or texts the Quit Line and speaks with a Quit Line Quit Coach.



**2** The Quit Line sends free medications.



**3** They arrive in the mail with a Welcome Packet.

**The Quit Line's FREE Services**

- \* Available 24/7.
- \* Telephone coaching for Wisconsin tobacco users who want to quit. This consists of one individualized coaching and support call.
- \* Callers will receive personalized advice on how to quit, information on medications, and assistance with choosing a quit date and creating a quit plan.
- \* Wisconsin residents may call the Quit Line back as often as they like.
- \* Two weeks of free medication (nicotine patch, nicotine gum or nicotine lozenge) and self-help materials.
- \* A secure Web Coach where tobacco users can interact with others trying to quit, get support, develop personalized quit plans and track results.
- \* Information for those concerned about a tobacco user.

**How to Reach Us**

- \* Call 800-QUIT-NOW (800-784-8669).
- \* Or text READY to 200-400.
- \* Register online: Visit [www.WiQuitLine.org](http://www.WiQuitLine.org) and click on "Chat Online." Or go to [www.quitnow.net/wisconsin](http://www.quitnow.net/wisconsin)

**Helping Smokers Quit**

- \* The Quit Line has fielded hundreds of thousands of calls since May 1, 2001.
- \* About half of callers are either underinsured or Medicaid recipients.

**About the Quit Line**

- \* The Quit Line is managed by the University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI).
- \* It is funded by the Wisconsin Department of Health Services.