

# Enroll Today

Quit Tobacco.  
Let Us Help.

## QUIT TIPS

- Decide you want to quit.
- List your reasons.
- Put the list where you will see it often.
- Set a quit date and circle it on your calendar.
- Prepare yourself and your home.
- Throw away cigarettes, lighters and ashtrays.
- Ask for help. Your doctor can help you find a way to quit.
- Make a plan. Think about what you will do specifically during your weaker moments.
- Plan for uneasy times. Plan for how you will deal with really wanting a cigarette when others are smoking around you.
- Get support. Ask for support and patience from your partner, family and friends.
- Reward yourself. Plan how you will spend the extra money you will save when you quit.

## Call 1-800-QUIT-NOW

Monday – Friday (8am – 9pm)  
Saturday – Sunday (8am – 5pm)

### West Virginia Tobacco Quitline

6 Craddock Way  
Poca, WV 25159

### West Virginia Division of Tobacco Prevention

350 Capitol Street, Room 206  
Charleston, WV 25301  
1-866-384-5250

WEST VIRGINIA TOBACCO  
**CESSATION**  
PROGRAM  
West Virginia Department of Health and Human Resources

West Virginia  
**TOBACCO**  
**QUITLINE**  
1-800-QUIT-NOW 1-877-966-8784

Division of  
WEST VIRGINIA  
**Tobacco Prevention**  
DEPARTMENT OF HEALTH AND HUMAN RESOURCES



West Virginia's Tobacco Cessation Quitline  
**1-800-QUIT-NOW**

## What is the **WV Quitline?**

The West Virginia Tobacco Quitline is a state-based company, designed to assist tobacco users who want to quit using tobacco products. By enrolling in this program, you receive free educational materials about tobacco and how to quit.

The Quitline provides up to four calls from a phone coach who can assist you in the quitting process. Qualified participants include the following: military and their immediate family members (active, reserve, guard and veterans), pregnant smokers and their immediate family members, adults 55 and over, adults 18-24, college students, faculty, staff and the uninsured. Nicotine Replacement Therapy (NRT) is available for qualified participants.

The West Virginia Quitline also offers specialized programs and information for pregnant smokers and spit tobacco users.

## What Happens **When I Quit?**

Quitting tobacco has immediate, as well as long-term, benefits. Breaking the habit today can reduce risks of tobacco-related diseases and improve your health.

**20 minutes after quitting,**  
your blood pressure and pulse drop

**8 hours after quitting,**  
the carbon monoxide level in  
your blood drops to normal

**24 hours after quitting,**  
your chances of having a  
heart attack lessen

**48 hours after quitting,**  
your ability to smell and taste  
begin to improve

## The Quitline **Phone Coaches**

The Quitline phone coaches care about your efforts to quit tobacco. They know how to help you quit. The calls are free, confidential and based on your individual needs. Your four free phone calls can be made at any time that is right for you.

These coaches can make your chances of quitting much better. You are twice as likely to stop tobacco if someone is coaching you.



**Call 1-800-QUIT-NOW**  
to start reaping the benefits