

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 free phone calls from a coach who can assist you in the quitting process. Free Nicotine Replacement Therapy (NRT), including patches, gum and lozenges, is available for qualified participants.

The West Virginia Quitline also offers specialized programs and information for pregnant smokers and spit tobacco users. In addition, the Quitline coordinates with other tobacco cessation initiatives through pharmacies and insurers to link you with the right medications and support systems.

WHAT HAPPENS WHEN I QUIT?

Tobacco smoking remains the leading cause of preventable death and disease in the United States. 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 Monday through Friday from 10 am to 8 pm, and Saturday and Sunday from 10 am to 5 pm.

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

1-800-QUIT-NOW

We're here when you're ready.

