



Oregon Tobacco Quit Line

Services Currently Available*

The Quit Line is free to all Oregonians. Tobacco users who call the Quit Line when they are trying to quit dramatically increase their chances of success. Confidential and friendly coaching is tailored to callers whether they are considering quitting, actively quitting, needing help to stay quit, or supporting someone else to quit.

- All callers may receive **personalized coaching** and a **Quit Guide** tailored to their stage of readiness – including specialized materials for Spanish speakers, youth, pregnant women, smokeless tobacco users and those supporting someone else who's quitting.
- Callers with private insurance can receive information about cessation benefits that may be available through their insurance plan.
- Uninsured Oregonians can receive three **additional coaching calls** from the Quit Line and up to two weeks of **free nicotine patches or gum**.
- Oregon Health Plan (Medicaid) members are eligible for counseling services, nicotine replacement products and quit medication (Zyban, etc.) through their plans – about half of the plans working with OHP members use the Quit Line to provide those services.**

1-800-QUIT-NOW (1-800-784-8669)

Spanish 1-877-2NO-FUME

Hearing impaired callers (TTY) 1-877-777-6534

The Quit Line is open seven days a week, 5:00 a.m. to 12:00 midnight

Or register online at www.quitnow.net/oregon/

**All services subject to change without notice.*

***The multiple-call counseling program continues to be available to Medicaid fee-for-service members and callers covered by the CareAssist supplemental health insurance program. CareAssist callers are still eligible for nicotine replacement therapy.*