

When You're Ready, We're Ready.

Getting started is simple.

- Call **1-800-QUIT NOW** or visit **OKhelpline.com** for free text and email support, plus phone and web coaching. Registered participants aged 18 and older can receive at least a two-week supply of patches, gum or lozenges.
- All registrants will receive their own Quit Guide.
- If requesting nicotine replacement therapy, it should arrive in 10-14 business days.
- If a Quit Coach calls you, 1-800-784-8669 will appear on your mobile or 1-800-QUIT NOW on your landline caller ID.

Not ready to sign up yet? Visit **OKhelpline.com** for tips, tools and information to help you quit your own way.



1-855-DÉJELO-YA **Spanish**
1-877-777-6534 **TTY**

Partners:
SoonerCare
Oklahoma State Department of Health
U.S. Centers for Disease Control

Free Support to Quit Tobacco

**No Judgments.
Just Help.**



A Program of TSET

1-855-DÉJELO-YA **Spanish**
1-877-777-6534 **TTY**

Partners:
SoonerCare
Oklahoma State Department of Health
U.S. Centers for Disease Control