

STOP SMOKING PROGRAMS QUIT NOW



Smoking is a habit that can be hard to break, but you can do it, and we can help. UnitedHealthcare Community Plan uses the Michigan Tobacco Quitline for quit smoking services. If you are **ready to quit**, call your doctor to ask about nicotine replacement medicines.

There are many reasons to quit: better health, more money in your pocket and better health for your children. Children of smokers have more health problems than those of non-smokers.

The Michigan Tobacco Quitline gives you one-on-one help to quit smoking. If you are ready to quit, **call 1-800-QUIT-NOW (1-800-784-8669)** to join in the program. These health care services are covered by UnitedHealthcare Community Plan.

Go to the Michigan Department of Health and Human Service's (MDHHS) website for brochures and quit kit information. These can help you:



- ◆ Decide if you are ready to quit
- ◆ Plan to quit
- ◆ Stay on track after you quit

Visit:

<https://michigan.quitlogix.org/en-US/>

What Quit Smoking Aids Are Covered by UnitedHealthcare Community Plan?



Nicotine Replacement Medications		Other Quit Smoking Medications
Over-The-Counter	Prescription	Prescription
Patch Gum Lozenge	Inhaler Nasal Spray	Chantix/Varenicline Bupropion/Zyban

**A doctor's order is required for all medications. Quantity limits and some restrictions may apply.



Call the Michigan Tobacco Quitline today.

1-800-QUIT-NOW