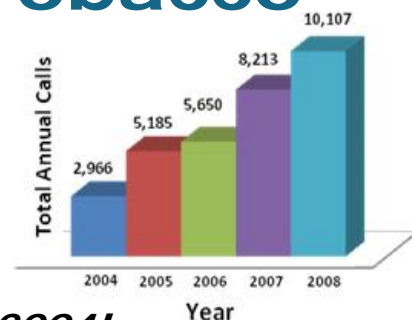


Montana's Tobacco Quit Line



Montanans are using this free service and successfully quitting – over 30,000 calls since 2004!

Why use the Montana Tobacco Quit Line?

You are more likely to quit

- People who use the Montana Tobacco Quit Line are up to 10 times more successful than those who try to quit on their own.¹
- The success rate is 40% for participants who receive both coaching and CHANTIX.¹

You'll see immediate results

- Those who successfully quit reduce their risk for stroke, heart disease, and a number of cancers and other diseases.²
- The risk of a heart attack decreases the very first day without tobacco.²

You'll save money

- Receive 2 weeks FREE nicotine replacement therapy, including gum, patches, and lozenges.³
- Save over one-half the retail cost of a CHANTIX prescription when you enroll.³
- Save an average of \$1,950 a year by quitting smoking.⁴

Call the Quit Line:

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

Quit Line Hours of Operation:

Monday – Thursday, 7:00 am – 9:00 pm
Friday, 7:00 am – 7:00 pm
Saturday – Sunday, 8:00 am – 4:30 pm

General Office: (866) 787-5247

Web site: <http://tobaccofree.mt.gov>

e-mail: infotobaccofree@mt.gov



What is the Montana Tobacco Quit Line?

The Quit Line is a free, state program that helps tobacco users end their addiction. The Quit Line provides the following services:

- **FREE** telephone-based service for all Montanans
- **FREE** personalized quit plan
- **FREE** cessation coaching
- **FREE** nicotine replacement therapy for 2 weeks, including gum, patches, and lozenges
- **FREE** educational materials for you, friends, and family members
- **Discounted** CHANTIX prescriptions: \$50 co-pay per month; Quit Line users pay less than one-half the retail cost
- Specialists are available to assist teenage smokers, pregnant smokers and smokeless tobacco users
- Trained staff offer culturally appropriate services for Montana's American Indian population
- Fax referral system for health care providers who have patients that want to quit using tobacco

Sources:

1. National Jewish Health & Medical Center, Tobacco Cessation Outcome Results for Montana Tobacco Quit Line, Denver CO, 2009.
2. The Health Benefits of Smoking Cessation: A Report of the Surgeon General, United States Public Health Service. Office of the Surgeon General; DHHS Publication No. (CDC) 90-8416; 1990.
3. Montana Tobacco Use Prevention Program, Montana Department of Public Health and Human Services, 9/2009.
4. Immediate Smoker Savings from Quitting in Each State. Campaign for Tobacco-Free Kids, 1400 I Street N.W., Suite 1200, Washington, DC; 7/2009.
<http://www.tobaccofreekids.org/research/factsheets/pdf/0337.pdf>



expect a smokefree
Montana

Montana's tobacco use prevention community addresses the public health crisis caused by the use of all forms of commercial tobacco products and works to eliminate tobacco use, especially among young people, via programs and policies throughout Montana.