

2 WAYS TO
GET STARTED...

QUIT
COACH!

YOU CALL US **OR** WE CALL YOU



Quit with a Coach

South Dakota tobacco users 13 and older* can enroll in the SD QuitLine phone coaching program to receive:

- 5 personalized coaching calls
- 8 weeks of cessation medication (Prescription or NRT Patches, Gum, or Lozenges)
- Quit Guide and additional written materials, tools, and resources

You Call Us!

1.866.SD-QUITS

1.866.737.8487

..... **OR**

We Call You!

Visit **SDQuitLine.com/enroll**

DO IT YOURSELF...

KICK
START!

NICOTINE REPLACEMENT
OR QUIT GUIDE



Do it Yourself

South Dakota tobacco users 13 and older* can choose to request the **NRT Kickstart Kit + Quit Guide** or just the **Quit Guide**. They're **FREE** and you don't have to enroll in the QuitLine phone coaching program to get them.

KICKSTART 1

NRT Kickstart Kit includes:

- 2-week supply of Patches, Gum, or Lozenges
- Quit Guide



KICKSTART 2

Printed guide to help tobacco users personalize their quit plan with plenty of facts, tools, and resources.



Request a **NRT Kickstart Kit + Quit Guide**
at **SDQuitLine.com/kickstart**

*Those under 18 or pregnant will be required to get a prescription for any medication.

WHAT HAPPENS WHEN YOU QUIT SMOKING?

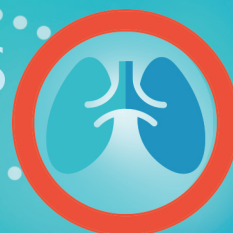


YOUR BLOOD PRESSURE RETURNS TO **NORMAL**



48 HOURS YOUR SENSE OF **SMELL & TASTE** IMPROVE

WITHIN **2** WEEKS
YOUR LUNGS WORK BETTER, **YOU HEAL FASTER**



9 MONTHS



MEANS MORE **ENERGY** & FEWER ILLNESSES

YOUR **RISK**
OF HEART ATTACK IS
HALF OF WHAT IT IS
NOW.



WHAT HAPPENS WHEN YOU QUIT SMOKING?



YOU GET **CASH** IN YOUR POCKET **RIGHT AWAY!**

1 MONTH : **YOU'VE GOT**  **YOU DIDN'T HAVE BEFORE.**

QUIT 6 MONTHS : **YOU HAVE** **\$1000**
EXTRA!

\$2000
1 YEAR

\$4000
2 YEARS

5 YEARS

A WHOPPING \$10,000

NICE CHUNK OF CHANGE!



1.866.SD-QUITS www.SDQuitLine.com