

TOBACCO CESSATION

Quitline Iowa is a free program that helps Iowans quit tobacco products by offering personalized coaching, online resources, and free nicotine quit medications. Participants can enroll online or by calling **1-800-QUIT-NOW** or enrolling at www.quitlineiowa.org. Individuals can choose between a phone-only, phone+online, or online only program. Participants can work with a trained coach who provides up to five proactive coaching sessions, either by phone or other communication methods like text or email. Coaches help create a personalized quit plan, set a quit date, and plan for triggers. Participants may be eligible to receive nicotine replacement therapy like patches, gum or lozenges for free, and will gain access to educational materials and an online community of others working to quit. A certificate will be emailed to participants upon completion of the program; they are also able to mail certificates via snail mail if an individual does not have an email address. FAQ's can be found at <https://quitlineiowa.org/en-US/About-The-Program/FAQs/>.

