

## Testimonials:

*"I was not a smoker but a dipper. I used chew since I was in 7th grade. I am 25 now so that is 13 years. I have made it two weeks now and love it. QuitNet has helped in giving me someplace to go and talk with people in the same situation, whether smokers or chewers. Good luck to all you who are trying to quit, stay strong and don't give up. You CAN do it."*

- Derrick, Wyoming

*"I called 1-800 QUIT NOW. I had smoked for 20 plus years and was up to 2 packs a day. I decided to use Chantix. I struggled at the beginning but have been quit for 2 weeks now. I'm enjoying having more money. Both my husband and I quit and we were able to put 4 new tires on the car."*

- Lynzee, Wyoming

*"I started smoking at 12, thinking it would be "cool". Marlboro reds were the cigarette of choice and remained so for the next 36 years....*

*In February of 2005, I finally said to myself that enough was enough. Cigarettes weren't doing anything for me but killing me.... I was committing slow suicide.*

*QuitNet is awesome. Its support and the genuine caring of the members are unparalleled. I'm not sure how far I could have got without some of the encouragement I received from members."*

- Bob, Wyoming



W Y O M I N G  
**QUITNET**<sup>®</sup>  
DON'T QUIT ALONE<sup>®</sup>

WHERE DO YOU  
DRAW THE LINE?



The Wyoming Quit Tobacco Program is provided by the Wyoming Department of Health's Mental Health and Substance Abuse Services Division with funds from the Wyoming Tobacco Settlement.

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Wyoming  
Department  
of Health

Commit to your health.

# Wyoming Quit Tobacco Program



*A program offering  
low-cost medications*

People depicted are models and being used for illustrative purposes only.

## Don't Quit Alone!

**wy.quitnet.com**

or

**1-800-QUIT-NOW**  
(1-800-784-8669)

# 1-800-QUIT-NOW or WY.QUITNET.COM

Get the help  
you need to quit  
tobacco for good!

## Program Options Available to You:

- **Online tools to help you build a personal quit plan.** Get support from other quitters and quit experts at any time of the day or night.
- **5 phone calls with a trained quit coach.** Each call is scheduled at the right time so you get the support you need when you need it.
- **A colorful, 40-page quit guide** offers smart tips and help for every quitter—from deciding to quit to staying quit for good.
- **QuitTips<sup>sm</sup> e-mail messages** delivered to your inbox. Check in from anywhere to get helpful tips about staying quit and other information to help you be successful.
- **Low-cost quit medications** (NicoDerm<sup>®</sup> patch, Nicorette<sup>®</sup> gum, Commit<sup>®</sup> lozenge, CHANTIX<sup>®</sup>, WELLBUTRIN SR<sup>®</sup>, WELLBUTRIN XL<sup>®</sup> and Zyban<sup>®</sup>).



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## How Do I Get Started?

### Online Registration:

1. Go to [wy.quitnet.com](http://wy.quitnet.com)
2. Click - **ENROLL ONLINE NOW**
3. Choose your program
4. Order your medication

### Phone Registration:

1. Call # **1-800-QUIT-NOW**  
**TTY users** – dial 711,  
then 1-800-784-8669
2. A representative will ask for some basic information
3. Choose your program
4. Order your medication

### You Choose the Services You Want:

- Personal quitting plan
- Low-cost medications
- 24/7/365 online support
- 5 scheduled telephone calls with a trained quit coach
- Quit guide booklet
- QuitTips<sup>sm</sup> e-mailed to your inbox

Quitting tobacco is one of  
the **BEST** things you can  
do to improve your health  
and save money.