



YOUR QUIT JOURNEY STARTS TODAY.

A personal coach is ready to help you stop smoking now.

It's Your Call. TAKE ACTION NOW.

Reach out for all the help you need to stop smoking — with no judgment. The program is free, and the quit coach is uniquely focused on you.

Whether you smoke cigarettes, cigars or e-cigarettes, whether you vape or use snuff, Quit Now Virginia will help you stop.



Work with a coach one-on-one, either by phone, text, or chat. Or

choose to join an online video group session with other

participants. Any way you choose to connect, you and the coach will work out a strategy that considers your issues, lifestyle, and goals. Your quit plan to quit smoking will work because that plan is customized for you.

Call 1-800- Quit Now
(1-800-784-8669)

Connect online at
QuitNowVirginia.org

Text READY to 34191

Because you are bound to experience some withdrawal symptoms at the beginning, medication can alleviate them. Nicotine replacement therapy can ease discomfort. Tips on cravings and withdrawal can get you over a rough spot. Whatever you need, with Quit Now Virginia, it's helpful and it's free.

You don't have to quit today but you can start today.

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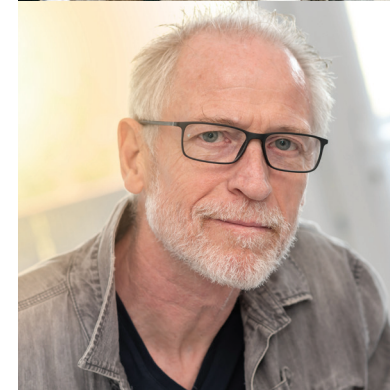
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Quit Now Virginia

Tobacco and Nicotine Quit Services



VDH VIRGINIA
DEPARTMENT
OF HEALTH
Tobacco Control Program



1-800-QuitNow
QuitNowVirginia.org

**Quit Now
Virginia**
Tobacco and Nicotine Quit Services

You Have the Support to ENSURE YOUR SUCCESS

Welcome to **Quit Now Virginia**, a program designed to help you stop smoking or vaping. It's free. It is offered 24/7, and it's available for smokers of all ages for as long as it takes to give up tobacco.

Here are the three easy steps to ensure you can quit forever.

STEP
1

You register with the program by contacting a "quit coach," a highly trained professional who offers confidential one-on-one counseling by phone, text, or chat.

STEP
2

Together you create a personalized plan with an ultimate quit date. Your information is reflected on a personalized dashboard set up when you register.

STEP
3

The coach provides follow-up encouragement in whatever way works best for you — through communications, self-help materials, or nicotine patches and gum.



Immediate Relief

When you stop smoking, your body stops working overtime as it tries to keep up normal function. You feel better almost immediately. What a satisfying reward.



48 hours

Sense of taste and smell return

2-3 weeks

Walking becomes easier as lungs improve

9 months

Coughing and shortness of breath subside



Improved Health

No matter how long you've smoked, once you stop, your danger of contracting cancer, COPD and diabetes plummets. Studies have also shown a tobacco-free lifestyle improves mental health.

1 year

Risk of coronary heart disease is cut in half

5 years

Risk of stroke equals that of a non-smoker



QuitNowVirginia.org
1-800-QuitNow

Tangible Benefits

Besides living a longer, healthier life, you will soon realize other advantages when you stop smoking.

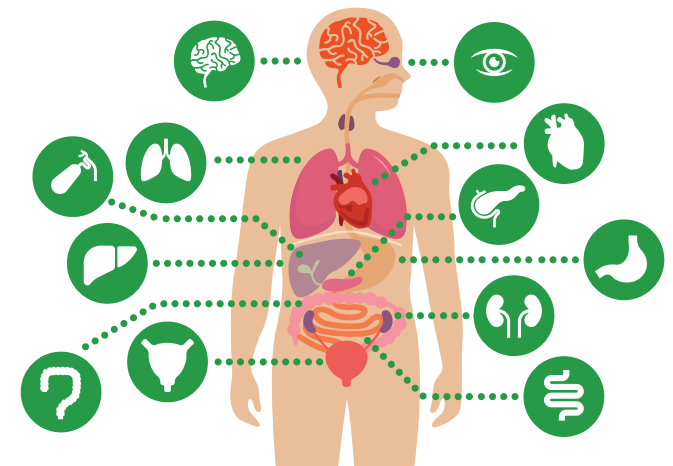
Save money

Studies show the average Virginia smoker spends \$2,100 each year on tobacco products. The cost of vaping is more than \$1,512.



Protect others

Protect children and friends from second-hand smoke which can cause diseases like asthma. Your quality of life will improve, and they will breathe easier.



Tobacco and nicotine use affects every organ in your body.