



Ohio Tobacco Quit Line **Pregnancy Program**

A FREE telephone tobacco cessation service, offering help and support to pregnant women all through the process of quitting smoking.

Sessions offered by coaches trained to address the unique needs of pregnant tobacco users.

Text messaging, as well as CVS gift cards after each call completed during pregnancy and up to 6 months after pregnancy, are available.

**Call 1-800-Quit Now to enroll today,
and begin your path to a tobacco-free,
healthy tomorrow for you and your baby.**

Ohio

**Department
of Health**

What to Expect When Calling the Ohio Tobacco Quit Line

Your call will be answered by a **quit coach** that has been trained to help pregnant women quit smoking. And all your calls will be scheduled with the coach you meet on this first call.

You will be asked a series of questions about your **tobacco use history**. You don't need to have health insurance to participate, but if you do we'll ask you for the name of your carrier. So we may better help, we must ask you a few personal questions. Know that you **don't have to answer a question** if you are uncomfortable.

A **counseling session** takes place during your **first call**. There are a total of five scheduled sessions. BUT you can **call anytime** you need a little **extra help**, such as during a craving. Call as many times as you like, any time of day-**24/7**.

Counseling calls will be scheduled at time that's best for you. There is no set length of calls, so all calls are scheduled within a **three hour window**.

Calls from the **Ohio Tobacco Quit Line** show up as **855-261-2640**. Please **program this number** in your phone so you don't miss our calls. If you do miss a call, **you can call us** back anytime.

Choose **FREE nicotine replacement therapy** to be **shipped directly** to your home. We'll ask you some health questions to be sure you are able to use it.

You can sign up to receive **text messages** to help **keep you motivated** as you quit.

We will **call you** in about **7 months** to check in. Please answer and **tell us how you're doing**. We'll also want to hear your thoughts about our program and any improvements we can make.

Thousands of Ohioans have quit with help from the Ohio Tobacco Quit Line and YOU can too! To begin your quit journey, call **1-800-Quit Now**.