

# *Begin the New Year*



# *with a Fresh Start*

Quitline Iowa offers a fresh approach to quitting tobacco. When you enroll, a Quit Coach® will help you create a quit plan that's right for you. Plus, they'll provide quit tips and replacement strategies to help you break free from nicotine. You may be eligible to receive free nicotine replacement therapy, which includes your choice of patch, gum or lozenge.

Even if you've tried to quit before, Quitline Iowa gives you the fresh start you need to be successful in the New Year.

***Don't wait! Call today to get started!***

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

**[www.quitlineiowa.org](http://www.quitlineiowa.org)**



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control



© 2015 Alere Health, LLC. All rights reserved. Quit Coach is a trademark of Alere Health, LLC.