



## **Tobacco Cessation Program (Go Smoke-Free!)**

You feel the time is now to quit smoking. You have put it off long enough. Call Virginia Premier for tips and tools as you go through the process of quitting nicotine.

### **Why participate in Go Smoke-Free?**

- You are tired of spending money that you don't have
- You don't want to smell like smoke any more
- You are ready to quit smoking
- You need the support of a quit coach
- You need NRT (Nicotine Replacement Therapy)

### **How do I sign-up for the program?**

- Call your health educator at 800-727-7536 and let us know that you are ready to quit.

### **What does the program include?**

- Assessment of your overall health by your health educator
- Referral to Quit Now VA program
- Nicotine replacement therapy by prescription
- Ongoing support from your health educator
- A healthier smoke-free life

### **Follow-up calls**

Your health educator will check on you to see how you are doing and assess your ever-changing needs.

**Access a copy of the Quit Now brochure here** [\[1800quitnow.org\]](https://www.1800quitnow.org)

### **Learn more about Tobacco Cessation**

<https://www.webmdhealth.com/common/content/ArticleOpen.aspx?cid=20284203>

<https://www.webmdhealth.com/common/content/ArticleOpen.aspx?cid=20279673>