



QUITLINE IOWA

**READY  
TO QUIT?**  
**WE CAN HELP.**



LIVE

# TOBACCO FREE

WE HAVE TOOLS TO HELP  
YOU QUIT FOR GOOD.



Call or chat live with a caring quit coach 24/7.



Find info and helpful quit tips at [quitlineiowa.org](http://quitlineiowa.org).



You may be able to get free patches, gum or lozenges to help you quit.



Create a quit plan that is right for you.



Get help sent to you by text and email.

TODAY'S A  
GREAT DAY TO  
QUIT

**1.800.QUIT.NOW**  
1.800.784.8669  
**QUITLINEIOWA.org**



QUITLINE IOWA  
Iowa HHS

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