



**Toll Free Numbers:**

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

**1-800-228-4327 (TTY)**

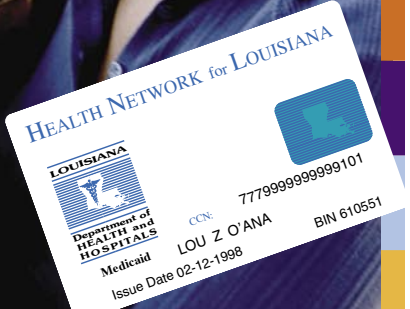
**Louisiana Quitline Available  
24 hours daily**

**Translators for languages in addition to  
Spanish are available.**



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**You can afford  
to quit smoking.**



**Medicaid can help.**

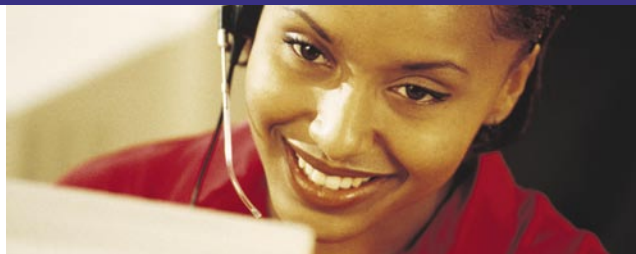
# Quitting is hard

# Counseling helps

***If you want to quit smoking,  
you're not alone.***

- Most smokers want to quit, but quitting is hard.
- It's not a matter of "will power." And it's not just a bad habit.
- It's an addiction that can be treated.
- What does help is medicine and counseling from someone who knows about quitting.
- But, medicines are expensive.
- The good news is that Medicaid pays for most medicines.

***Talk to your doctor about  
quitting and getting medicines  
to help you quit.***



## **Quitline Free Counseling\***

- Counselors can tell you how to avoid the things that make you want to smoke (like your first cup of coffee in the morning).
- Counselors at the Louisiana Tobacco Quitline know how to help you be successful in quitting.
- They will call you with support on days that you choose.
- Or, you can call them when you are stressed out about quitting.
- The Quitline also has lists of local programs that can help you.

\*Medicaid does not pay for counseling.

**Call the Quitline:  
1-800-QUIT-NOW.  
It's free and  
confidential.**



**You can afford to quit smoking. . . Medicaid can help.**