

SoonerCare can help you quit in these ways:

- ✓ **Nicotine patches, gum & other treatments**
- ✓ **Chantix or Zyban**
A pill that combats cravings
- ✓ **Coaching**
Support from someone who knows what you're going through

Ask your health care provider about medications and call the Oklahoma Tobacco Helpline for coaching.



Oklahoma Tobacco Helpline

1

800

QUIT

NOW

1-800-784-8669

Español:

1-800-793-1552

TTY: 1-877-777-6534



**oklahoma
health care
authority**

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**Help
is
here!**



**SoonerCare
can
help you
stop smoking!**