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

Espanol: 1-800-793-1552
TTY: 1-877-777-6534

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Help is here!

SoonerCare can help you stop smoking!