

Michigan Tobacco Quitline Fact Sheet

Hours: 24 hours a day

Callers can leave a message for a return call within 2 business days

The Quitline's Free Services Include:

- Information and referrals to local quit-tobacco resources and services.
- Text messaged or emailed tips for quitting.
- Information for those concerned about a tobacco user.
- Telephone coaching for Michigan residents with Medicare, Medicaid, County Health Insurance Plans, Veterans Insurance or who are uninsured or pregnant (regardless of insurance).
 - Enrollees will receive personalized advice on how to quit, information on medications, and assistance with choosing a quit date and creating a quit plan.
 - Enrollees receive four coaching calls during their quit attempt. They can also contact the Quitline between calls as needed. Pregnant women receive nine calls as well as incentives.
- Eight weeks of free medication (nicotine patch, gum or lozenge) for qualified enrollees.

How to Reach the Quitline:

- Call 1-800-QUIT-NOW, 1-800-784-8669 or 1-855-DÉJELO-YA , 1-855-335-3569
- Services are also available in Arabic by calling 1-800-784-8669
- Callers wishing to speak with an American Indian Coach may call 1-855-372-0037
- Visit <https://michigan.quitlogix.org/enrollment/default.aspx> and click on Enroll Now. A Quitline coach will call you shortly.

Helping Smokers Quit:

Over 100,000 callers since October 2003.

The Quitline Saves Dollars:

The CDC estimates that Michigan saves \$1,623 per year in healthcare costs for each smoker that quits.

About the Quitline:

The Quitline is funded by the Michigan Department of Health and Human Services. Services are provided by National Jewish Health.

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QuitlineFactSheet 8 14

For Quitline promotional materials or to request a training contact Amanda Ng at nga@ewashtenaw.org.