

## More About the Quitline

### How can the Asian Smokers' Quitline help you to quit?

Self-help materials, if you would like to quit on your own.

A referral list of other programs in your area, if you would like to attend a group or a class.

Confidential, one-on-one telephone coaching, if you are ready to quit smoking and want some help.

Free nicotine patches, if eligible, to improve your chances of successfully quitting.

### Does the telephone coaching really work?

Yes. People who receive coaching are twice as likely to stay quit as those who try to quit on their own. These results are from a research study of over 3,000 smokers.

### Will some insurance programs pay for the nicotine patch?

Many insurance programs will pay for the patch for those enrolled in a quit smoking program, such as the Asian Smokers' Quitline. Check with your insurance company to find out whether you are covered for Zyban®, Chantix®, or a nicotine replacement product such as the gum, inhaler, patch, or spray.



**Call Today!**

**Mandarin & Cantonese**  
**1-800-838-8917**

**Vietnamese**  
**1-800-778-8440**

**Korean**  
**1-800-556-5564**

Visit [www.asiansmokersquitline.org](http://www.asiansmokersquitline.org)

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Asian Smokers' Quitline

## Want to Quit Smoking?





The Asian Smokers' Quitline is a telephone program that can help you quit smoking. Quitline services are free, funded by the Centers for Disease Control and Prevention (CDC). The Quitline has been in operation since 1992. Every month, thousands of smokers call and receive help.

When you call, a friendly staff person will offer a choice of services: self-help materials, a referral list of other programs, one-on-one coaching over the phone, and free nicotine patches (if eligible).

Whether you're ready to quit or just thinking about it, call the Asian Smokers' Quitline.

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**What legacy would you want to leave behind?**

Certainly, it wouldn't be the memory of you suffering from illness caused by cigarettes.

**Smoking habit can be passed down on to the next generation.**

## The Quitline Is Here For You.

Call the Asian Smokers' Quitline – free help is just a phone call away.

Service hours are Monday through Friday, 8am-9pm Pacific Time. If you call after hours or if the lines are busy, you will reach the Quitline's 24-hour voice mail service.

The Quitline has services in Mandarin, Cantonese, Vietnamese, and Korean.

Anyone in the US can call the Quitline, whether they are currently smoking, have already quit, or want information for a friend or relative.

Advisors at the Quitline are caring professionals, trained in the field of smoking cessation.

**Quitting is easier with help.**