

▶ Step 3

Resources

▶ Massachusetts Smokers' Helpline

1-800-Try-to-Stop
(1-800-879-8678)

Spanish: 1-800-8-DÉJALO
(1-800-833-5256)

TTY: 1-800-833-1477

www.makesmokinghistory.org

You know you want to quit smoking. When you are ready, we can help.

You *can* quit smoking!

Step 3 ←.....

- ▶ Your health insurance plan may cover medicines and/or counseling to help you stop smoking.
- ▶ Call the number on your insurance card to ask what is included in your plan.
- ▶ www.makesmokinghistory.org has information about medicines, counseling, and insurance.