

Here's how  
QUITPLAN® Services  
can help you break your  
tobacco habit.

QUITPLAN Services can:

- Provide advice on how to handle your cravings.
- Help create a plan that works for you.
- If you have existing insurance, connect you with your own health plan's counseling program.

Call QUITPLAN Services at  
**1-888-354-PLAN.**

A better way to quit smoking.

ClearWay™  
MINNESOTA

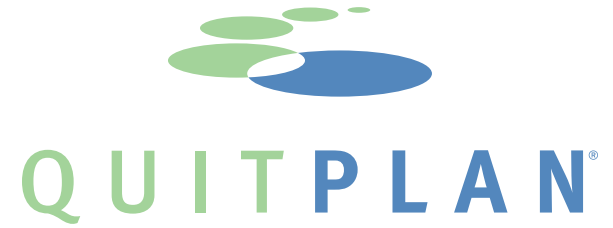
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QUITPLAN®

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We can help you  
quit smoking.

1-888-354-PLAN

[quitplan.com](http://quitplan.com)

## QUITPLAN® Services

for Minnesotans include:



QUITPLAN Helpline



quitplan.com



QUITPLAN Centers

All QUITPLAN Services are free of charge and some provide free nicotine patches, lozenges and gum.

Call 1-888-354-PLAN (7526) to be connected with the program that is right for you.

## These QUITPLAN Services can help you break your tobacco habit.

- **The QUITPLAN Helpline** offers telephone counseling and free nicotine patches, lozenges or gum to eligible callers.
- **quitplan.com** offers a free lifetime membership, helpful quitting tools and activities and the chance to connect online with thousands of others.
- **QUITPLAN Centers** provide in-person counseling in healthcare settings, as well as access to nicotine patches, lozenges or gum.

To start your program, call 1-888-354-PLAN today.



# QUITPLAN®

Call QUITPLAN Services at  
**1-888-354-PLAN**  
(1-888-354-7526)

Para ayuda en español, llámenos  
**1-888-354-7526**

For hearing impaired, call  
**1-877-559-3816**

Hours:  
Monday-Friday: 7 am - 10 pm  
Saturday: 8 am - 5 pm  
Sunday: 10 am - 4 pm

ClearWay™  
MINNESOTA

QUITPLAN Services are funded by ClearWay Minnesota.™  
For more information, visit  
clearwaymn.org or call 952-767-1400.