

Support to help you quit for good

Ready to quit using tobacco?

We're in your corner. Here are some ways to make a plan, connect with a coach and quit for good.



Coverage with Moda Health

Your medical plan covers counseling and interventions to prevent tobacco use and tobacco-caused disease. Covered expenses include counseling, office visits, medications and medical supplies. To find a pharmacy, use our "Find Care" tool at [modahealth.com](https://www.modahealth.com).



Free Tobacco Quit Line

Start your plan to quit here. You'll get advice from a Quit Coach and a custom quit plan that works for you. You can speak to a coach 24 hours a day at **800-QUIT-NOW** (800-784-8669). You'll learn ways to deal with cravings and get the latest information about medications that can help you quit.



Online counseling

Make your own quit plan and get personal support from Quit Coaches without ever picking up the phone. All you have to do is go online. You can connect with others trying to quit and talk with Quit Coaches by email and instant message. You'll find lessons, articles, videos and tracking tools on the web. To learn more or sign up, visit quitnow.net/oregon. Or call **800-QUIT-NOW** (800-784-8669). Just choose the option to chat online with a counselor.

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More resources to *help* you:

- **American Lung Association quit line** (English and Spanish): 800-LUNG-USA (800-586-4872)
- **National Cancer Institute quit line** (English and Spanish): 877-44U-QUIT (877-448-7848)
- **smokefree.gov**: Use the quit guide for the first year you're tobacco free, get advice by text and find resources just for members of the U.S. military.
- **lung.org**: Check out the Freedom From Smoking® Online program and learn more about smokeless tobacco products.

Questions?

We're here to help. Call us toll-free at 888-217-2363. TTY users, please call 711.



Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）