

For Immediate Release

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Quit Smoking this Summer with Help from the Michigan Tobacco Quitline

YPSILANTI, Mich., June 25, 2019 – Is quitting smoking on your to-do list this summer? The Michigan Tobacco Quitline can help with free nicotine patches, gum or lozenges this summer.

Tobacco use is the number one cause of preventable death and disease in Michigan. However, 7 in 10 adult cigarette smokers want to quit completely.

“The good news is that there are resources available to help people quit using tobacco, to live tobacco-free,” says Amanda Ng, health educator at the Washtenaw County Health Department. “The Michigan Tobacco Quitline has helped over 100,000 Michigan residents with quitting tobacco use. Talking to a healthcare provider and receiving support from family and friends is also very helpful.”

Tobacco contains nicotine, a highly addictive drug. Many people may need to make several quit attempts in order to be successful, but tobacco users can and do quit. In fact, today there are more former than current smokers. When people stop smoking, they greatly reduce their risk for disease and early death. There are benefits to quitting at any age, and a person is never too old to quit.

The Michigan Tobacco Quitline (1-800-QUIT-NOW or 1-800-784-8669) is an evidence-based service that helps smokers access quit aids, counseling and other resources. The service is available 24/7 in multiple languages.

As a special promotion, all callers to the Quitline who enroll now through September 30, 2019 will receive free coaching and 8 weeks of nicotine replacement medications to assist them in quitting. Call the Michigan Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit online at <https://michigan.quitlogix.org/>.

For most people with insurance, nicotine replacement therapy is a covered benefit any time. Both Medicaid and Healthy Michigan Plans cover all 7 FDA-approved medications for quitting smoking without prior authorization, step therapy or annual or lifetime quantity limits.

The Michigan Tobacco Quitline

The Michigan Tobacco Quitline provides free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and Native Americans. The Quitline provides services including materials, text messaging, an online program, and referral to all Michigan residents.

Individual tobacco users can contact the Quitline directly at 1-800-QUIT-NOW, or enroll online at <https://michigan.quitlogix.org/>. Providers in all health care settings are also encouraged to refer

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their patients and clients to the Quitline. Additional information, including a fax referral form for providers, is available on the website.

Washtenaw County Health Department

Washtenaw County Health Department promotes health and works to prevent disease and injury in our community. Our mission is to assure, in partnership with the community, the conditions necessary for people to live healthy lives through prevention and protection programs. Visit the Washtenaw County Health Department online at www.washtenaw.org/health or call 734-544-6700.

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