

THINKING ABOUT QUITTING?

TALK HEALTH CARE
WITH YOUR **PROVIDER**

Flip this card to learn more.

For additional support, call **1-866-NY-QUITS** or visit nysmokefree.com.



TALKING WITH YOUR HEALTH CARE PROVIDER



Talking with your health care provider is a good way to increase your success in quitting smoking. Try saying –

- 1 *I'm thinking about quitting smoking, can you help me?*
- 2 *What quit-smoking medications would you suggest?*
- 3 *Could you prescribe me medications covered by my health plan?*