



THINKING ABOUT QUITTING?

TALK WITH YOUR **HEALTHCARE** **PROVIDER**

For additional support:

1-866-NY-QUITS (1-866-697-8487)

www.nysmokefree.com



New York State Smokers' Quitline

*Smoking is an addiction.
Treatment is available.*

Your healthcare plan, including Medicaid, covers most quit-smoking medications. Talk to your healthcare provider about which is right for you.



REMEMBER THE 5D^s



Delay a minute
or two and the
urge will pass



Drink water
to fight off
cravings



Do something else –
take a walk, talk to a
friend, clean up



Deep breathe



Discuss your thoughts
and feelings with
someone close to you

