



THINKING ABOUT  
**QUITTING?**  
TALK HEALTH CARE  
WITH YOUR PROVIDER

For additional support:  
**1-866-697-8487** | *nysmokefree.com*





# TALKING WITH YOUR HEALTH CARE PROVIDER:



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?

Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline.

