

## Quit on your own terms, but not alone

With New Mexico QuitServices, you can get the support and the tools you need to quit using tobacco and nicotine for good. Your quit coach will help you make a plan, whether you smoke, vape, dip or chew.



### Easy access to NRT:

Complete a simple self-screening to see if you qualify for patches, lozenges or gum as Nicotine Replacement Therapy (NRT).



### Chat, text or call:

You choose how you want to connect with your coach.



### Online support:

Get online tips, tricks and tools to help manage your triggers and cravings. Personalized quit plans and group coaching are here to help you succeed.

### What to expect after you enroll

- ✓ Meet one-on-one with a coach to make your personal quit plan
- ✓ Join group coaching sessions to ask questions, solve problems and celebrate milestones
- ✓ Get videos and articles to help you set goals and track your progress
- ✓ Reach out to your quit coach whenever you need a little extra support



To learn more about New Mexico QuitServices and enroll, scan the QR code to visit **quitnow.net** or call **1-800-QUIT-NOW** 1-800-784-8669, (TTY: 1-877-777-6534).

This self-paced program is available to you at **no cost** through the state of New Mexico. Take the first step toward a tobacco-free lifestyle!

