

EMU Students:

A New Service to Help You Quit Tobacco Begins October 1, 2015

The Michigan Tobacco Quitline



What is the Michigan Tobacco Quitline?

It is a free phone-based program designed to help you as you quit tobacco. It is staffed by a team of trained health coaches who will provide you with individualized service. Coaches will help you set a quit date and plan for the big day.

The Michigan Tobacco Quitline is a service funded by the Michigan Department of Community Health and has been in operation for 12 years.

You will receive at no cost to you:

- 4 coaching calls scheduled around your quit day and your time preferences.
- Free nicotine patch, gum or lozenges after you enroll in coaching
- Personalized advice on how to quit
- Free materials
- Information on quit smoking medications
- Motivation to help you stay tobacco free
- Unlimited calls for additional assistance in quitting for one year post-enrollment
- Optional online coaching
- Optional text-messaging or email tips
- Live language options in English, Spanish and Arabic
- Translation service for most other languages
- A special prenatal quit smoking program is also available

How to Reach Us:

Call 1-800-QUIT-NOW (784-8669) or visit <https://michigan.quitlogix.org> to enroll. Enrolling online will generate a call from the Quitline to you. The initial enrollment call takes about 15 minutes. Make sure to tell them you are an Eastern Michigan University student.

Calls are answered live 7 days a week except major holidays from 7 a.m. to 1 a.m. Late night callers can leave a message, which will be returned the next day.