

# Kansas Tobacco Quitline

## KSquit.org or 1-800-QUIT-NOW (784-8669)

The Kansas Tobacco Quitline [www.KSquit.org](http://www.KSquit.org) or **1-800-QUIT-NOW (784-8669)** provides **FREE** one-on-one coaching for Kansans ready to quit using any form of tobacco. It is designed to help the tobacco user take control of his/her attempt to quit. The Quitline is available 24 hours a day/7 days a week online and by phone, text or mobile application. Trained Quit Coaches provide participants support to create an individual plan to quit tobacco and fight cravings.

### Quitline Services

- Confidential, personalized support
- Readiness quiz
- Cost savings calculator
- Telephone assistance in English or Spanish and translation for more than 150 other languages
- **Quit Guide**—a workbook you can reference in any situation to help stick with your Quitting Plan
- **Quit Coach**<sup>®</sup>—one-on-one support whenever you need it over the phone from expert Quit Coaches<sup>®</sup> who specialize in helping people quit tobacco
- **Web Coach**<sup>®</sup>—online access to highly trained coaches by live chat and e-mail. You can use Web Coach<sup>®</sup> alone or in addition to phone support. Gain membership to a private, online community where you can watch videos, complete activities and have discussions with others in the program. Trackers measure progress and money saved.
- **Quitting Aids**—assistance in helping you decide what type, dose and duration of nicotine substitute or other medication is right for you



### Text2Quit

- A text message feature allows you to connect with your Quit Coach<sup>®</sup>, interact with Web Coach<sup>®</sup>, use medications correctly, manage urges and avoid relapse — all from your cell phone.
- Enroll in Text2Quit by completing the online registration at [KSquit.org](http://KSquit.org) or complete the enrollment by phone at 1-800-QUIT-NOW (784-8669).

### Mobile Application ([quitforlifeapp.com](http://quitforlifeapp.com))

- The mobile app supports you through the entire quit process.
- To boost motivation, the mobile app tracks money saved and days added back to your life.
- To download the mobile app, go to [www.quitforlifeapp.com](http://www.quitforlifeapp.com).

The Quitline is provided through a partnership between the Kansas Department of Health and Environment and Alere Wellbeing.

