

# Plan to Quit



Improve your chances of successfully quitting smoking, vaping and nicotine pouches.

**Quit medicines**, including nicotine replacement therapy (NRT), are covered by insurance when prescribed.

**Ask your doctor for a prescription today!**

Effective treatment includes quit medicines and quit support.



**KICK /T**  
California

Contact **Kick It California** to get free, confidential, personalized help to quit smoking, vaping, and smokeless tobacco.

Call 1-800-300-8086 | Visit [kickitca.org](http://kickitca.org)

**FLIP OVER FOR STEPS TO QUIT!**

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# Trying to quit?

## You can start with 4 steps



**Step 1:** Ask your doctor about quit medication options.



**Step 2:** Fill your prescription at your pharmacy.



**Step 3:** Use prescription as directed by your doctor.



**Step 4:** Contact Kick It CA for help with quitting.

## Quit Medicines

### Nicotine Replacement Therapy (NRT):

- Nicotine gum
- Nicotine patches
- Nicotine lozenges
- Nicotine nasal spray (by prescription)

### Prescriptions (Rx):

- Bupropion (*Wellbutrin*)
- Varenicline (*Chantix*)



Scan the QR code for more information about local quit resources, or visit [www.santacruzhealth.org/tobacco](http://www.santacruzhealth.org/tobacco)



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