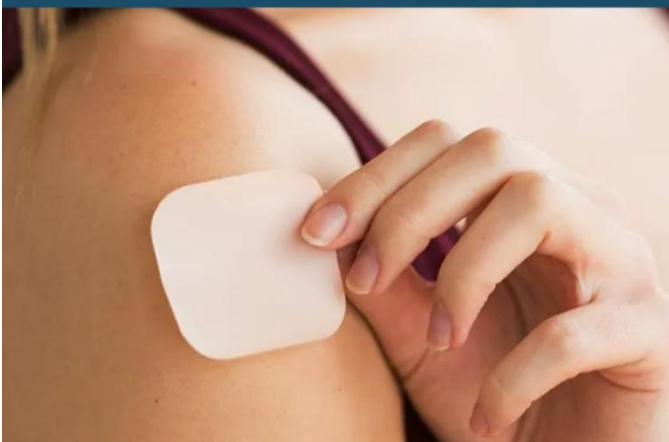


Plan to Quit



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.



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

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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



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