



Quit on your own terms, but not on your own.

With Ohio Tobacco Quit Line, get the support and the tools you need to help you quit commercial tobacco and nicotine – for good. Your Quit Coach will help you form a plan to build quitting into your daily routine, 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 wish to connect with your coach.



Online Support:

Access 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 1:1 with a coach to form your personal Quit Plan
- ✓ Join group coaching sessions where you can ask questions, troubleshoot problems, and celebrate milestones
- ✓ Access 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 Ohio Tobacco Quit Line and enroll, scan the QR code to visit quitnow.net or call 1-800-QUITNOW.