

Pregnant and Smoking? We Can Help!



The Michigan Tobacco Quitline is here to help.
1-800-QUIT-NOW or 1-800-784-8669

Did you know?

- Smoking can cause you to deliver too soon.
- By quitting, you're making sure your baby is getting enough oxygen to grow.

Here's what you can expect when you call.

When you call the Michigan Tobacco Quitline, be sure to tell them that you are pregnant.

- The Quitline has created a special program just for pregnant women.
- The program is **free and confidential**.
- It's a proven way to **quit successfully**.
- Enrolling is **simple**.
- You will talk to your **personal Quit Coach**.
- You start building a **plan that's right for you**.
- You will **receive up to nine calls** during your pregnancy and postpartum.
- You have **the opportunity to receive text messaging**.
- You **earn rewards after every call** that you can use to buy things for you and your baby.
Rewards after every call up to \$25 (\$5 per call) for pregnancy and up to \$40 (\$10 per call) for postpartum.

Call the Michigan Tobacco Quitline today.

1-800-QUIT-NOW

This program is available to women that are un-insured or covered by Medicaid.

