

It's hard to quit smoking.



But taking the first step
is easy.

Here's how

Good news! **Now everyone** in Minnesota can take advantage of a stop-smoking program that offers personal support.

There's no cost to you — whether you're covered by a health plan or not. And even better, research shows that you'll be much more likely to succeed when you use a phone counseling program. Everyone has a number — call today to get started.

Minnesota's Tobacco Phone Counseling Programs

If you have one of these health plans, call the number listed:

Blue Cross and Blue Shield of Minnesota* and Blue Plus* 1-888-662-BLUE

CCStpa 1-888-662-QUIT

First Plan of Minnesota* 1-888-662-BLUE

HealthPartners 1-800-311-1052

Medica 1-866-QUIT-4-LIFE

MCHA members 1-866-QUIT-4-LIFE
(Minnesota Comprehensive Health Association)

Metropolitan Health Plan 1-800-292-2336

PreferredOne 1-800-292-2336
Community Health Plan

UCare Minnesota 1-888-642-5566

For everyone else:
QUITPLANSM Helpline 1-888-354-PLAN
www.quitplan.com

TTY and language interpretation available through most phone counseling lines.
This information provided through the collaborative efforts of Minnesota's tobacco phone counseling programs.

*Independent licensees of the Blue Cross and Blue Shield Association.