



MY QUIT PLAN

Keys For Success

Get Ready

- Set a Quit Date and stick to it—not a single puff!
- Avoid triggers—alcohol, coffee and other things that trigger your smoking.
- Build on your experience: consider past quit attempts, what worked and what didn't?

Get Medications

- Nicotine Patch (OTC & Rx)
- Lozenge/Mini-Lozenge (OTC)
- Nicotine Gum (OTC)
- Nicotine Inhaler (Rx)
- Nicotine Nasal Spray (Rx)
- Bupropion (Rx)
- Varenicline (*Chantix*®)(Rx)

Get Support

- Friends and family
- Smokefree.gov—free online resource
- Call the Quitline (800-QUIT-NOW)
 - Get free coaching and support that is confidential and non-judgmental
 - Available 24/7

My Quit Date

Things to Remember

Medications/When to Start

Other Plans/Helpful Ideas
