

THINKING ABOUT QUITTING?

TALK HEALTH CARE | *Flip this card*
WITH YOUR PROVIDER | *to learn more.*

For additional support: **1-866-NY-QUITS**
(1-866-697-8487) nysmokefree.com



TALKING WITH YOUR HEALTH CARE PROVIDER



Talking with your health care provider is a good way to increase your success in quitting smoking. Try saying –

- 1 I'm thinking about quitting smoking, can you help me?
- 2 What quit-smoking medications would you suggest?
- 3 Could you prescribe me medications covered by my health plan?