





# WE SUPPORT YOU

We know quitting smoking can be tough and every quit attempt is different. But it's not impossible, and you don't have to do it alone.

Quitting smoking is important for your health and your baby's health during and after pregnancy.

**We are here to help you!**



**FOR YOU. FOR YOUR BABY.**

1.800.QUIT.NOW

✕ [quitwyo.org](http://quitwyo.org) ✕



## A HEALTHIER LIFE FOR YOUR BABY

- Your baby will get more oxygen.
- Your baby's lungs will have a better chance of working correctly.
- Your baby won't have dangerous chemicals in their blood.
- You will lower the risk that your baby will be born too early.
- You will reduce the chances of your baby being born too small.
- You will increase the chances your baby will come home with you from the hospital.



## A HEALTHIER LIFE FOR YOU

- You will have more energy.
- You will be able to breathe easier.
- You will find food tastes better.
- You will save money you can spend on other things.
- Your clothes, hair, car, and home will smell better.

And, ultimately, you will feel good about protecting your health and the health of your baby.

1.800.QUIT.NOW

× [quitwyo.org](http://quitwyo.org) ×



# HOW THE PROGRAM WORKS

We work with you to create a customized quit plan, using any or all of the FREE resources we offer, to help you quit smoking. Using fact-based medical research and proven methods, our program triples your chances of quitting tobacco compared to going about it on your own.

## Free services



**Pregnancy quit coaches**



**Personalized quit plan**



**Financial incentives**



**Gum, patches, & more**



**24/7 tools & support**

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## **MORE ABOUT THE QUIT COACHES**

Our female coaches have specialized training to provide you with the support you need to quit smoking while you're pregnant. They're available 24/7 and will walk with you every step of the way.



## **MORE ABOUT THE FINANCIAL INCENTIVES**

We want to encourage you as much as possible in your commitment to quit smoking. You're eligible for these incentives during and after pregnancy:

- \$10 Visa prepaid gift card for each coaching call completed while pregnant (up to \$50)
- \$20 Visa prepaid gift card for each coaching call completed after pregnancy (up to \$80)

**GET FREE HELP**

1.800.QUIT.NOW

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## MORE ABOUT GUM, PATCHES, AND PRESCRIPTION MEDS

Smoking is an addiction, and it often takes more than willpower to quit.

Your pregnancy quit coach can help you with FREE nicotine gum, patches, lozenges, and more that, reduce cravings and help you quit.

We also offer FREE or low-cost prescription medications that can help you quit, if you decide that's part of your customized plan and you have a prescription from your doctor.

**GET FREE RESOURCES**

1.800.QUIT.NOW

✕ [quitwyo.org](http://quitwyo.org) ✕



## MORE ABOUT 24/7 TOOLS AND SUPPORT

Our online resources mean support is available 24/7 so you can:

- Track your progress online
- Create a personalized quit plan
- Connect to other pregnant women who are trying to quit smoking
- Access tools and resources

**TAP, TOUCH, OR TYPE**

1.800.QUIT.NOW

✕ [quitwyo.org](http://quitwyo.org) ✕

**YOU CAN IMPROVE YOUR HEALTH  
AND THE HEALTH OF YOUR BABY**

**Contact us today, and we  
can help you quit smoking.**

**1.800.QUIT.NOW**

**quitwyo.org**

**24 hours a day, 7 days a week**

**TTY users dial: 1.888.229.2182**

WYOMING  
**QUIT  
TUBACCO**



Wyoming  
Department  
of Health