



RICK SNYDER  
GOVERNOR

STATE OF MICHIGAN  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
LANSING

NICK LYON  
DIRECTOR

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**CONTACT:** Lynn Sutfin  
517-241-2112  
[SutfinL1@michigan.gov](mailto:SutfinL1@michigan.gov)

## **Michigan Tobacco Quitline offering free nicotine patches, gum or lozenges through May 31**

LANSING, Mich. – Thinking about quitting tobacco? The Michigan Department of Health and Human Services (MDHHS) is expanding its telephone coaching and nicotine replacement therapy (NRT) program to all Michigan residents through May 31.

During this time, the Michigan Tobacco Quitline will offer a free, two-week supply of nicotine gum, patches or lozenges for all new enrollees who want to quit smoking or chewing tobacco. Tobacco users who would like to quit may call the Quitline phone number at 800-QUIT-NOW (800-784-8669). Enrollment is available 24 hours a day, seven days a week.

The Quitline serves all ages, however, callers seeking NRT must be over 18 and meet basic health requirements. Enrollees will receive a coach who will assist them in setting a quit date, choosing a nicotine replacement product that is right for them and making an individualized quit plan. The coach will provide support with up to four telephone coaching sessions scheduled around the caller's quit date.

"Callers using NRT along with coaching, such as through a telephone-based service like 800-QUIT-NOW, can increase their chances of becoming smoke-free by five times the rate of someone quitting cold turkey," said Dr. Eden Wells, MDHHS chief medical executive. "Providing access to free NRT during this promotion might just be the jump start someone needs to quitting smoking tobacco for good."

The Michigan Tobacco Quitline is an evidence-based service providing free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients and American Indians. More than 100,000 calls have been received since the service was launched in October 2003.

The Quitline offers English, Arabic and Spanish-speaking counselors, as well as interpretive services for a wide variety of languages. For more information about the Quitline, call 800-QUIT-NOW or visit [Michigan.gov/tobacco](http://Michigan.gov/tobacco).

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