

# quit partner™

Free help to quit your way

Quit Partner™ is Minnesota's free way to quit nicotine, including smoking, vaping and chewing. We can support your quit with one-on-one coaching and other helpful tools. Whenever you need us, we're here to help 24/7.

**1-800-Quit-Now / QuitPartnerMN.com**

*Interpreters available.*

## Helpful Tools

Quit your way by choosing which free tools you'd like to try.



Quit medications like patches, gum or lozenges.\*



Text messages with tips and advice.\*\*



Helpful emails to support you along the way.\*\*

## Quit Coaching

Get one-on-one quit coaching over the phone or online from trained coaches who help people just like you every day. Just by signing up, you'll get to use these helpful tools for free:



Coaching over the phone or online



Patches, gum or lozenges\*



Text messaging\*\*

or



Email support\*\*

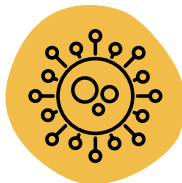


Welcome package



**2X** DOUBLE YOUR CHANCES OF QUITTING

## Know the Risks With COVID-19



If you smoke or vape and get COVID-19, you could get sicker, and it could take you longer to recover. Whenever you're ready to quit, we're ready to help.

\*18+

\*\*13+