# READY TO QUIT SMOKING OR VAPING FOR FREE?

Quit Partner™ is ready to help 24/7.

# 1-800-QUIT-NOW / QuitPartnerMN.com

Interpreters available.

### **Choose Your Free Tools**



Quit medications like patches, gum or lozenges.\*



Text messages with tips and advice.\*\*



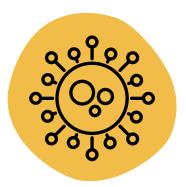
Helpful emails to support you along the way.\*\*

## **Double Your Chances of Quitting**



Your chances of quitting go up just by talking to a coach at the same time you're trying something like patches. It's all free.

# 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.

