



1-800-QUIT-NOW
or
www.QuitNowKentucky.org

Who We Are

Quit Now Kentucky (QNK) is a FREE tobacco cessation service to help Kentuckians quit smoking or using tobacco products. It includes telephone coaching, web-based services, and text messaging.

Free NRT
for medically eligible
Public Housing
Residents
Medicare Recipients
and **Uninsured Callers!**

What to Expect

- 1 Call QNK or register online and complete the intake survey
- 2 You receive a welcome packet in the mail
- 3 A friendly coach calls you, offers tips, and helps you create a quit plan
- 4 The quit line sends you Nicotine Replacement Therapy (NRT) by mail, if eligible
- 5 You receive 2 more counseling calls and learn strategies to stay quit

How to Reach Us

Call **1-800-QUIT-NOW**
or
1-855-DEJELO-YA
from **7 AM to 1 AM EST**
or online anytime at
www.QuitNowKentucky.org

Our FREE Services

- Support and advice from an experienced quit coach
- Self-guided web program, text messaging, and emails to support your quit journey
- Pregnancy/postpartum program
- All services available in English, Spanish, and Arabic—counseling for 192 other languages and for the deaf and hard-of-hearing available free through a translation service