BE TOBACCO FREE
QUIT NOW
KENTUCKY

Pregnancy & Postpartum Tobacco Cessation Services
Fact Sheet

The single most important thing that you can do for your health and the health of your baby is to quit using tobacco.

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. The Pregnancy/Postpartum Protocol includes at least 5 calls during pregnancy and at least 4 calls postpartum with a dedicated female coach specifically trained to work with pregnant smokers.

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**

What to Expect

1. Call QNK or register online and complete the intake survey, if eligible
2. You receive a welcome packet in the mail
3. A designated pregnancy coach is assigned to help you create a quit plan
4. The quit line sends you Nicotine Replacement Therapy (NRT) by mail, if medically eligible
5. You receive up to 9 counseling calls and learn strategies to stay quit during and after your pregnancy

REWARDS for Calls

Up to $170 in potential rewards!

During your pregnancy:
You'll earn **$10** per completed call, up to **$50**

After you give birth:
You'll earn **$30** per completed call, up to **$120**

Our FREE Services

- Some participants may use NRT with provider consent
- Self-guided web program, text messaging and emails to support your quit journey
- All services available in English, Spanish, and Arabic—available through a translation service for the deaf and 192 other languages