

Kansas Tobacco Quitline

KSquit.org or 1-800-QUIT-NOW (784-8669)

The Kansas Tobacco Quitline (www.KSquit.org or 1-800-QUIT-NOW) provides **FREE** one-on-one coaching for Kansans ready to quit using any form of tobacco. It is designed to help the tobacco user take control of their attempt to quit. The Quitline is available 24 hours a day, 7 days a week, online and by phone. Trained Quit Coaches provide participants support to create an individual plan to quit tobacco and fight cravings.

Quitline Services

- Confidential, personalized support
- Readiness quiz
- Cost savings calculator
- Telephone assistance in English or Spanish, and translation for more than 150 other languages
- **Quit Guide** – a workbook you can reference in any situation to help stick with your Quit Plan
- **Quit Coach** – one-on-one support whenever you need it over the phone from expert Quit Coaches who specialize in helping people quit tobacco
- **Web Coach** – online access to highly trained coaches by live chat and email. You can use Web Coach alone or in addition to phone support
- Membership to a private, online community where you can watch videos, complete activities and have discussions with other people in the program
- **Quitting Aids** – assistance in helping you decide what type, dose and duration of nicotine substitute or other medication is right for you
- **Specialized support for qualifying groups** – Pregnant women, KanCare (Kansas Medicaid) enrollees, and people with certain mental health conditions may qualify for additional support, including additional counseling sessions and free nicotine replacement therapy (limited quantities).



The Kansas Tobacco Quitline is provided through a partnership between the Kansas Department of Health and Environment and Optum, Inc.