

Still Smoking or Vaping?

Take pride in taking control.

Tobacco treatment options, including medications and coaching, are available to help you cut back on, quit, or avoid smoking or vaping when you want or need to, such as when at work, with family or in public spaces.



Talk to your health care provider about which options might work best for you.

Most health insurance plans, including Medicaid, cover tobacco treatment.

If you are ready to quit, you can also:



Visit **nysmokefree.com** or call 866-NY-QUITS (866-697-8487) to talk to a quit coach.

Most adults are eligible for a free starter kit of nicotine medications.



Visit **asiansmokersquitline.org** for support in Cantonese, Mandarin, Korean and Vietnamese.

Who is tobacco treatment for?

Tobacco treatment is available to everyone who smokes or vapes, whether their goal is to cut back on, quit, or avoid smoking or vaping.

How can tobacco treatment help me?

Tobacco treatment can help you:

- **Feel more comfortable when you are not smoking or vaping:** Avoid cravings, irritability, frustration, anxiety or trouble concentrating.
- **Take control:** Have more confidence in avoiding smoking or vaping when you want or need to.
- **Protect others:** Reduce people's exposure to secondhand smoke or vaping aerosol.
- **Save money:** Use the money you would have spent on cigarettes, vapes or other tobacco products on things you need or want.



For more information and resources, call **311**, visit **nyc.gov/nycquits** or scan the QR code.