

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.



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

