

HOW THE ASHLINE WORKS

When you call us at 1-800-55-66-222, we match you with a Quit Coach who will help you develop a personalized plan to quit tobacco.

As part of your Quit Plan, you'll decide with your coach the best time and the best way to connect.

With your Quit Coach, you will make plans for things like picking a day to stop using tobacco, learning how to deal with cravings, and figuring out what to do if quitting gets tough.

WHEN MAKING A QUIT PLAN, YOU AND YOUR QUIT COACH WILL:

- Talk about how ready you are to quit
- Discuss why you want to stop using tobacco
- Decide when to meet with your coach next



DID YOU KNOW?

The benefits of quitting tobacco begin right away. Here's what happens to your body after you quit smoking:

- Minutes after quitting, your heart rate drops
- After 24 hours, nicotine levels in the blood drop to zero
- After 1 to 12 months, coughing and shortness of breath decrease
- After 1 to 2 years, risk of heart attack drops
- After 5 to 10 years, risk of certain cancers drops by half

**CALL 24/7
TO GET STARTED
1-800-55-66-222**

**or text "start my quit"
to 300500 today!**



www.ASHLine.org



Arizona Smokers' Helpline



**START YOUR
TOBACCO QUIT
JOURNEY TODAY!**

Everyone's reasons for quitting tobacco are different. Call the Arizona Smokers' Helpline to get help from a professional Quit Coach.

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or text "start my quit"
to 300500**

Visit ASHLine.org for more information



ABOUT THE ASHLINE

The Arizona Smokers' Helpline, called the ASHLine, offers free support to people in Arizona who want to stop using tobacco and nicotine products.

WHO CAN SIGN UP WITH ASHLINE?

The ASHLine helps people at different stages in their quit journey. This includes those who want to quit, are thinking about quitting, or have quit and need help staying tobacco-free. Family and friends can also learn about how quitting works.

ASHLine services are free to Arizona residents.

WHAT WE OFFER



TELEPHONE

Coaches are available 24/7 on the phone to help you quit. Coaching is available in English or Spanish, with translations available in over 200 languages.



ONLINE

Our website is easy to use on your phone, in both English and Spanish. We have online plans to help you quit, and you can get motivational texts and emails. You can also chat with us online.



LUNG CANCER SCREENING EDUCATION

We offer a package of resources to provide callers with information about lung cancer screening services.



EDUCATIONAL MATERIALS

You'll receive personalized learning materials to help you quit, available in both English and Spanish.



NICOTINE REPLACEMENT THERAPY

You may be eligible for free NRT, including gum, patch, or lozenge. Available to those who are 18 years or older.

SPECIAL PROGRAMS

AMERICAN INDIAN COMMERCIAL TOBACCO PROGRAM

- Ten coaching calls with an American Indian Quit Coach

855-5AI-QUIT (524-7848) | aiquitline.org

MENTHOL TOBACCO USER PROGRAM

- Five personalized coaching calls for menthol users
- Participants can earn up to \$60 in gift cards as they complete their first three coaching calls

PREGNANCY & POSTPARTUM PROGRAM

- Nine coaching calls; five during pregnancy and four postpartum
- Same dedicated female Quit Coach
- \$20 for each call completed during pregnancy and \$30 postpartum call completed

BEHAVIORAL HEALTH PROGRAM

- Seven coaching calls with specially trained Quit Coaches
- Personalized welcome package

MY LIFE MY QUIT

- For youth age 13-17*
- Five coaching sessions by phone, live text, or online chat with a specialized youth Quit Coach

*Parental consent required



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