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NEWS RELEASE

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New free online service helps tobacco users quit

Idaho has a new website designed to help people get free resources to fight their tobacco habit.

Idahoans can now visit <https://www.quitnow.net/idaho/> for free online quitting services and to receive a free four-week supply of nicotine patches, gum or lozenges.

This new online service gives Idahoans dozens of free quitting tools and resources. It's easy to sign up and once you're registered, you can receive a free four-week supply of nicotine replacement therapy products (patches, gum, or lozenges).

Nicotine replacement therapy, combined with counseling, is very effective. Using a nicotine replacement therapy can double a smoker's chances of quitting smoking. Research also shows that the likelihood of staying quit for more than six months is increased when a smoker uses nicotine replacement therapy according to the directions.

Idahoans can also call the 1-800-Quit-Now (QuitLine) and receive a free four-week supply of nicotine replacement therapy sent to the address provided. People younger than 18 must get a doctor's prescription. Five cessation counseling sessions are provided through the QuitLine.

In addition, Eastern Idaho Public Health District offers free smoking cessation classes. To schedule an appointment, please contact one of the instructors:

- Tate Swensen – 208.317.2976
- Jenny Taylor – 208.569.8166
- Evan Thomas – 208.227.4231
- Gricelda Vazquez – 208.506.5099 (bilingual)

Let today be the first day of your new tobacco-free life!

For more information, please visit Eastern Idaho Public Health District on the web at www.phd7.idaho.gov

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