

Pregnant and Smoking? We Can Help!



TOBACCO
REDUCTION
AND
PREVENTION

**The Michigan Tobacco Quitline is here to help.
1-800-QUIT-NOW or 1-800-784-8669**

Did you know?

- Smoking can cause you to deliver too soon.
- By quitting, you're making sure your baby is getting enough oxygen to grow.

Here's what you can expect when you call.

When you call the Michigan Tobacco Quitline, be sure to tell them that you are pregnant.

- The Quitline has created a special program **just for pregnant women.**
- The program is **free and confidential.**
- It's a proven way to **quit successfully.**
- Enrolling is **simple.**
- You will talk to your **personal Quit Coach.**
- You start building a **plan that's right for you.**
- You will **receive up to nine calls** during your pregnancy and postpartum.
- You have **the opportunity to receive text messaging.**
- You **earn rewards after every call** that you can use to buy things for you and your baby.

**Call the Michigan Tobacco
Quitline today.**

1-800-QUIT-NOW

