



# THINKING ABOUT QUITTING?

**TALK HEALTH CARE  
WITH YOUR PROVIDER**



For additional support:  
**1-866-697-8487 | *nysmokefree.com***





# TALKING WITH YOUR HEALTH CARE PROVIDER:



Increase your success in quitting smoking! Try saying –



- 1 I'm thinking about quitting smoking, can you help me?**
- 2 What quit-smoking medications would you suggest?**
- 3 Could you prescribe me medications covered by my health plan?**

Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline.

