

Why do you want to quit smoking?



“I felt lousy from smoking. I wanted to feel good.”

*Margie, homemaker, quit for 5 years



“I didn't want my son to get sick from secondhand smoke.”

*Juan, dad, quit for 2 years



“I wanted to be around for my grandkids.”

*Ruthie, grandma, quit for 4 years



“I spent a lot of money on cigarettes. I wanted to buy other things.”

*Rick, construction worker, quit for 1 year

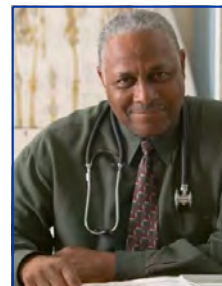
Whatever your reason for quitting, **your life will be healthier without cigarettes.**

*Based on real stories

The **QUITWORKS-NH** team: You. Your coach. Your doctor.

- You fill out a form and your doctor sends it to **QUITWORKS-NH**.
- Then your coach calls you for private telephone conversations.
- Together, you set your goals for quitting.
- We talk about how to deal with the stress and feelings that go along with quitting.
- We talk to you about stop smoking medicines like the nicotine patch, gum and prescriptions.
- With your permission, your coach lets your doctor know how you are doing.
- Remember, it's free.

“After 30 years in practice, I believe the single most important thing you can do for your health is quit smoking. Ask your doctor about **QUITWORKS now.”**



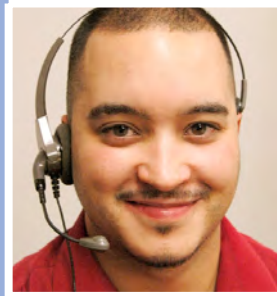
QUITWORKS

Quitting never felt so good.

We know it takes most smokers several tries before they can quit. This time, have **QUITWORKS-NH** with you every step of the way. **You can quit.**

“I've coached hundreds of smokers who are happier and healthier now that they are smoke-free.”

Angel
QUITWORKS Coach
since 2004.



For more information about **QUITWORKS-NH** call:

1-800-879-8678

Español
1-800-833-5256

TTY
1-800-833-1477

Make smoking history.

Sponsored by the New Hampshire Department of Health and Human Services and all major health plans in New Hampshire in collaboration with the Try-To-STOP TOBACCO Resource Center of Massachusetts (JSI Research & Training Institute, Inc.)

QUITWORKS-NH can help you quit smoking.

Thousands of people are living proof.

Ask your doctor about the
free QUITWORKS-NH
program today.