SoonerCare can help you quit in these ways:

- ✓ **Nicotine patches, gum** & other treatments
- ✓ **Chantix or Zyban**
  A pill that combats cravings
- ✓ **Coaching**
  Support from someone who knows what you're going through

Ask your health care provider about medications and call the Oklahoma Tobacco Helpline for coaching.

Oklahoma Tobacco Helpline

1 800 QUIT NOW

1-800-784-8669

Español:
1-800-793-1552
TTY: 1-877-777-6534

oklahoma health care authority

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