



# Talking **Quitting**

*There are  
benefits  
to quitting  
smoking.*



FLINT

**Talk to your doctor about the option that might work best for you.**

I am willing to quit today.





I am interested in setting a future quit date.

I am willing to cut down my number of cigarettes before quitting.

I am unsure about quitting but will consider it.

There are many tools and resources available to help you quit smoking.

**Other Resources**

Program	Type	Description	How to Access
<b>Stop Smoking for Life</b>	Group and/or Individual Counseling 	Tobacco treatment counseling and medication management program	<b>1-810-342-5370</b>  <a href="mailto:valerie.mcleod@mclaren.org">valerie.mcleod@mclaren.org</a>
<b>Quit Line</b>	Phone 	This quit line offers one-on-one counseling for smokers who are willing to quit	<b>1-800-QUITNOW</b> (1-800-784-8669)
<b>Plan My Quit*</b>  <b>Quitter's Circle<sup>®**</sup></b>	Websites 	These websites provide resources to help support a quit attempt	<a href="http://www.planmyquit.com/McLaren">www.planmyquit.com/McLaren</a>  <a href="http://www.quitterscircle.com">www.quitterscircle.com</a>
<b>Quitter's Circle<sup>®**</sup></b>	Mobile Application 	This application provides support to smokers during their quit journey	<b>1.</b> Download Quitter's Circle from <b>App Store/Google Play</b> <b>2.</b> Enter personal Email and create a password <b>3.</b> Follow and respond to prompts <b>4.</b> Enter code provided by organization <b>McLaren</b>

\*A Pfizer-sponsored program.

†An American Lung Association-sponsored program.

‡Quitter's Circle and Quitter's Circle logo are trademarks of Pfizer Inc. The American Lung Association does not endorse products, devices, or services.

**Pharmacologic Aids<sup>\*\*</sup>**

Type	Regimen	How to Access
Non-nicotine pills	As directed by your healthcare provider	By prescription
Nicotine replacement therapy (NRT)—Nicotine gum, lozenge, patch, or inhalant	Talk with your doctor and/or healthcare team about how best to use	Available over the counter and by prescription

\*\*Medications have risks and benefits and patients should speak to their healthcare provider about which medication may be right for them. The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.