

Quit *for Life*

Trying to quit smoking?

Quit *for Life* is a free quit-smoking program available for any Neighborhood Health Plan of Rhode Island (Neighborhood) member.

Did you know . . .

- Most people try to quit smoking many times before they quit for good
- People who use the patch, gum, or medicine, together with help, have a better chance of quitting

Neighborhood will . . .

- Talk with you about quit smoking aids that might be available to you such as nicotine patch, gum and Bupropion SR (RIte Care members only with a written prescription from a medical provider)
- Send you quit smoking tools
- Check on how you are doing

Who can participate?

- Any Neighborhood member who is interested in quitting smoking

How do I find out

Call Rosemary O'Brien at 1-401-459-6637

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