Want to quit smoking?
SUPPORT INCREASES YOUR CHANCES FOR SUCCESS

Only about 4% to 7% of people quit smoking on any given attempt without medicines or other help. That number increases to 25% or higher with medications and support. – American Cancer Society

Work with a Health Coach to develop a quit plan specific to YOU and receive ongoing support.
Call My Health Coach at 866-237-0973

Cessation Aids - Princeton University provides Tobacco Cessation Medications and Nicotine Replacement Therapy to you for FREE under Optum prescription coverage.
For more information email benefits@princeton.edu or call 8-3302

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Community & Online Resources:

دية  NJ Quitline:  1-866-NJSTOPS (866-657-8677)

❉ Tobacco Dependence Program - Rutgers Center for Tobacco Studies
  ● Virtual or in-person visits in New Brunswick, NJ
  ● Contact: 732-235-8222 or tobaccoprogram.org

❉ Nicotine Anonymous: 12-step face to face, internet, or phone meetings
  ● www.nicotine-anonymous.org
  ● 1-877-TRY-NICA (1-877-879-6422)

❉ Smokefree.gov – access the quitSTART app, sign up to receive Text messages to support your quit, various tools and tips

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My HEALTH COACH