



Thinking about quitting smoking?

People who get professional help are more likely to quit successfully.
Your Genoa pharmacist has special training to help you quit!

I'm interested in the Quit Smoking program.

How does it work?

STEP 1: Decide that it's time to quit and pick your quit date

STEP 2: Contact your Genoa pharmacy to set up an appointment

STEP 3: Meet with your pharmacist to create your quitting plan, which can include:

- » Medicines to help make you more comfortable while you are quitting
- » Counseling to help you change your lifestyle to become a non-smoker
- » Connecting you with the tobacco quitline, **1-800-QUIT NOW**
- » Contacting your physician to let him or her know that you are working with a pharmacist to quit smoking

STEP 4: Work with your pharmacist throughout your quitting process:

- » Follow-up with your pharmacist within the first two weeks after quitting, to discuss any ongoing challenges you might be having
- » Touch base when you are ready to stop taking the medicines used to help you quit smoking

What does it cost?

If you choose to use medicine to help you quit, there may be a cost.
Your pharmacy team will help you to determine whether the medicine will be covered on your health insurance.