

West Virginia's Tobacco Quitline is a free, statewide, telephone based cessation service.

**Talk to your patients
about tobacco.**

Ask about their tobacco use.

Advise them to quit.

**Refer them to
West Virginia's Tobacco
Quitline at 1-800-QUIT-NOW.**



**WEST VIRGINIA TOBACCO
CESSATION PROGRAM**

West Virginia Department of Health and Human Resources

The Quitline offers:

- One-on-one proactive coaching for tobacco users who are ready to quit
- Information on tobacco dependence for health care professionals
- Information about local resources to help tobacco users quit
- Free Nicotine Replacement Therapy (NRT) which includes patches, gum, and lozenges – NRT is delivered in 2 shipments of 4 weeks each
- Four free proactive coaching calls
- Unlimited reactive coaching calls
- Free educational materials and personalized quit plan
- Fax to Quit Program – Complete the fax to quit form and Quitline personnel will be in contact within 24 hours to complete the intake process

Free Quitline services are available to everyone in West Virginia 18 and over who wants to quit tobacco.

Quitline hours of operation are flexible to meet nearly everyone's needs. Coaches are available Monday through Friday 8:00 am to 8:00 pm; Saturday and Sunday 8:00 am to 5:00 pm EST.

Since 2000 the West Virginia tobacco cessation Quitline has enrolled over 73,000 West Virginians with a 33.4% quit rate.

Callers to the West Virginia Quitline will speak with coaches trained to assist them with quitting. Coaches have a minimum of a Bachelor's degree or equivalent and are trained in behavioral modification and motivational interviewing.

Multiple scientific reviews have established that proactive telephone counseling through quitlines is an effective cessation method. The U.S. Public Health Service Guidelines and the Guide to Community Preventative Services both recommend quitlines as an effective method to help people stop using tobacco.

The West Virginia Quitline is a program of the West Virginia Department of Health and Human Resources Bureau for Public Health.