

THINKING ABOUT  
**QUITTING?**

**TALK** HEALTH CARE  
WITH YOUR **PROVIDER**



For additional support:  
**1-866-697-8487** | ***nysmokefree.com***

# TALKING WITH YOUR HEALTH CARE PROVIDER:



Increase your success in quitting smoking! Try saying –

1

**I'm thinking about quitting smoking, can you help me?**



2

**What quit-smoking medications would you suggest?**



3

**Could you prescribe me medications covered by my health plan?**

Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline.