

Pregnant and Smoking? **We Can Help!**



**The Michigan Tobacco Quitline is here to help.
1-800-QUIT-NOW or 1-800-784-8669**

Did you know?

- **Smoking can cause you to deliver too soon.**
- **By quitting, you're making sure your baby is getting enough oxygen to grow.**

Here's what you can expect when you call.

When you call the Michigan Tobacco Quitline, be sure to tell them that you are pregnant.

- **The Quitline has created a special program just for pregnant women.**
- **The program is free and confidential.**
- **It's a proven way to quit successfully.**
- **Enrolling is simple.**
- **You will talk to your personal Quit Coach.**
- **You start building a plan that's right for you.**
- **You will receive up to nine calls during your pregnancy and postpartum.**
- **You have the opportunity to receive text messaging.**
- **You earn rewards after every call that you can use to buy things for you and your baby.**

**Call the Michigan Tobacco
Quitline today.**

1-800-QUIT-NOW

