

# Why do you want to quit smoking?



**“I felt lousy from smoking. I wanted to feel good.”**

*\*Margie, homemaker, quit for 5 years*



**“I didn't want my son to get sick from secondhand smoke.”**

*\*Juan, dad, quit for 2 years*



**“I wanted to be around for my grandkids.”**

*\*Ruthie, grandma, quit for 4 years*



**“I spent a lot of money on cigarettes. I wanted to buy other things.”**

*\*Rick, construction worker, quit for 1 year*

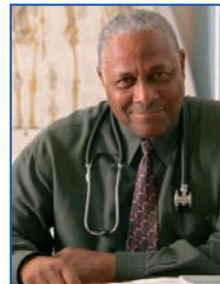
Whatever your reason for quitting, **your life will be healthier without cigarettes.**

*\*Based on real stories*

## The **QUITWORKS-RI** team: **You. Your coach. Your doctor.**

- You fill out a form and your doctor sends it to **QUITWORKS-RI**.
- Then your coach calls you for private telephone conversations.
- Together, you set your goals for quitting.
- We talk about how to deal with the stress and feelings that go along with quitting.
- We talk to you about stop smoking medicines like the nicotine patch, gum and prescriptions.
- With your permission, your coach lets your doctor know how you are doing.
- Remember, it's free.

**“After 30 years in practice, I believe the single most important thing you can do for your health is quit smoking. Ask your doctor about **QUITWORKS-RI** now.”**



**QUITWORKS-RI**

# Quitting never felt so good.

We know it takes most smokers several tries before they can quit. This time, have **QUITWORKS-RI** with you every step of the way. **You can quit.**

**“I've coached hundreds of smokers who are happier and healthier now that they are smoke-free.”**

Angel  
**QUITWORKS-RI** Coach  
since 2004.



For more information about **QUITWORKS-RI** call:

**1-800-879-8678**

Español  
**1-800-833-5256**

TTY  
**1-800-833-1477**

## **QUITWORKS-RI** can help you quit smoking.

### **Thousands of people are living proof.**

Ask your doctor about  
the free **QUITWORKS-RI**  
program today.