



THE  
AMERICAN INDIAN  
**QUITLINE**  
CALL 1-888-7AI-QUIT

## Get free help to quit commercial tobacco.

### Get 7 free phone calls with a dedicated American Indian Quit Coach or a Non-American Indian Quit Coach.

All our Quit Line Coaches have been trained in providing culturally tailored and specific interventions. They have a deep understanding of the unique social context of American Indian culture and commercial tobacco cessation.

OUR WAY TO QUIT  
COMMERCIAL TOBACCO.

### Get 12 weeks of free tobacco cessation medicine.

Options include:

- Nicotine patches, or gum, or lozenges, or
- Patches plus lozenges, or
- Patches plus gum

To get started, do one of these:

Call  
**888-7AI-QUIT**

Text **READY**  
to **34191**

Register  
Online