

Tobacco Use Prevention and Control

Quitline Iowa

QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669

Who We Are....

Quitline Iowa is a program of the Iowa Department of Public Health that is contracted to Alere Wellbeing, a national leader in state run Quitlines.

Quitline Iowa offers free and effective tobacco cessation counseling to Iowans 24 hours a day/ 7 days a week! Ages 13+ can use Quitline Iowa and those 18+ may be eligible for 8 weeks of free Nicotine Replacement Therapy (NRT).

www.QUITLINEIOWA.org

What We Do...



Phone Coaching: An expert Quit Coach® staff member will support you over the phone, whenever you need it. They will help you choose nicotine replacements, if they are right for you, and help you set a quit date with your goals in mind.



Quit Guide: We send you a printed workbook to reference in any situation to help you stick with your quitting plan.



Text Support: In addition to calls and website access, you can receive supportive text messages on your mobile phone to help you prepare to quit, use medications correctly, manage urges and avoid relapse.



Online Coaching: Membership to the Web Coach® website, a private, online community where you can complete activities, track your progress and join in discussions with other tobacco users trying to quit.

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Fast Facts

Iowans who use Quitline Iowa may be eligible to receive up to **8 weeks** of **free** nicotine replacement therapy to aid them in their quit attempt!

Medicaid patients make up **68%** of Quitline Iowa users.

*Quitline Iowa Report February 2015

Quitline Iowa users are **7 times** more likely to hear about the Quitline from a medical provider than from family/ friends.

*Quitline Iowa Report February 2015

Why We Do It...

Tobacco use is the leading cause of preventable death and disease. Quitting tobacco has immediate and lasting effects for the user and, in the case of secondhand smoke, for those around the user.

Our Impact...

10,516	Number of Quitline Iowa participants in FY 14	Quitline Iowa FY 14 report
8,992	Number of referrals to Quitline Iowa by healthcare providers in FY 14	Quitline Iowa FY 14 report
86%	Percentage of users who, after 30 days quit, are satisfied with Quitline Iowa services.	Quitline Iowa Evaluation 2014
96%	Percent of users who, after 30 days, would recommend Quitline Iowa to their	Quitline Iowa Evaluation 2014