

YOU CAN QUIT



NICOTINE REPLACEMENT THERAPY NOW AVAILABLE AT YOUR CAREHERE HEALTH CENTER

Do you want to be tobacco free? Nicotine Replacement Therapy is now available at your CareHere Health Center at no cost to you! Nicotine Replacement Therapy can help ease the withdrawal symptoms and cravings that occur during your attempt to quit tobacco. Ask your provider about which type(s) of Nicotine Replacement Therapy are carried at your Health Center; patches, gum, lozenge, or inhaler.

Your provider can help you:

DECIDE

- which type, or combination of Nicotine Replacement Therapy is right for you
- when to begin your Nicotine Replacement Therapy

EXPLAIN

- how the different types of Nicotine Replacement Therapy work to help you quit tobacco
- how to use your chosen method of Nicotine Replacement Therapy
- how long to take your Nicotine Replacement Therapy for best results
- potential side-effects and benefits of Nicotine Replacement Therapy

SET AN APPOINTMENT

- for coaching support through your quit process

Make an appointment at your CareHere Health Center today and talk with your provider about this new benefit and other available options for tobacco cessation medication!