

Incentives2Quit

Tobacco Cessation Resource Guide

Contact Us

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Tobacco Cessation Resources

- **Michigan Tobacco Quitlink**
 - 24/7 free service that offers phone, online, and text messaging support. The Quitlink offers free Nicotine Replacement Therapy (NRT) to eligible Michigan residents who are enrolled in the program and receiving coaching by phone or online. Please talk to a Quitlink coach about NRT if you're interested.
 - 800-QUIT-NOW or 800-784-8669
 - 1-855-DÉJELO-YA or 1-855-335-3569
 - <https://michigan.quitlogix.org>
- **Michigan Medicaid Tobacco Cessation Benefits Information**
 - Visit the link below to view a table of tobacco cessation benefits covered by each Medicaid health plan.
 - <https://tinyurl.com/tobaccocessationbenefits>
- **Blue Cross Complete of Michigan**
 - Tobacco Digital Health Assistant. A free telephone-based support group to help you quit tobacco.
 - Available 24/7 - Call to Enroll
 - 1-800-784-8669 or TTY 1-888-229-2182
 - <https://tinyurl.com/tobaccoquitprogram>
- **Molina Healthcare Smoking Cessation Program**
 - Call Member Services at 888-898-7969 (TTY 800-649-3777) for more information.
 - <https://shorturl.at/fFkKO>
- **Great Lakes Bay Pride Tobacco Cessation Resources**
 - Set of resources and links to start your smoking cessation journey.
 - 989-203-2474
 - <https://greatlakesbaypride.org/tobacco-cessation>

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Tobacco Cessation Resources (cont.)

- **Smokefree.gov**
 - Offers tools and tips to help you quit smoking.
 - <https://smokefree.gov/>
- **Bridges to Access**
 - Bridges to Access can help you get Zyban or Bupropion SR. To apply, fill out a short form and ask your doctor to sign and submit it for you.
 - Call 1-866-728-4368 or visit www.bridgestoaccess.com

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Informational Resources and Guides

- **Coping with Nicotine Withdrawal Symptoms**
 - <https://www.medicalnewstoday.com/articles/323012>
 - <https://www.webmd.com/smoking-cessation/nicotine-withdrawal-tips>
- **Benefits and Milestones to Quitting Smoking**
 - <https://www.verywellmind.com/after-the-last-cigarette-how-your-body-heals-2824388>
- **Keeping Your Hands Busy to Stay Cigarette Free**
 - <https://www.mondaycampaigns.org/quit-stay-quit/keep-hands-busy-stay-quit-monday>
- **Pathways to Freedom: Winning the Fight Against Tobacco**
 - Toolkit from the Department of Health and Human Services
 - <https://pdf.ac/1EAd9L>
- **We Want to Quit: Supporting Cessation in African American Communities**
 - Toolkit from The Center for Black Health and Equity
 - <https://pdf.ac/1r5jF2>
- **Bay County Quit Kits**
 - Michigan Smokers Quit Kit: <https://tinyurl.com/2r5t93zn>
 - Expectant Mothers Quit Kit: <https://tinyurl.com/4zb4j7kp>