



THE DAY I QUIT, I'll reach new heights.

The less you smoke, the more you live. >

Wellness Tip—Make this the Year You QUIT!

This year make your New Years resolution to quit tobacco and smoking. Smoking is the number **ONE** cause of preventable death in the United States. If you are part of the 70% of tobacco users who want to quit, this year can be your chance to go tobacco-free!



Free Quit Resources

- [Colorado QuitLine](#) or call 1-800-Quit-Now
- [SmokeFree.gov](#)
- [BecomeanEx.org](#)
- [KilltheCan.org](#)

Simple Steps to Quit

1. Set a date.
2. Let your loved ones know so they can provide support.
3. List your reasons for quitting.
4. Learn your triggers.
5. Seek additional support and learn about your resources.
 - a. County insurance tobacco cessation benefits.
 - b. Visit your healthcare provider to receive counseling and nicotine replacement therapy (NRT).
 - c. Call the Colorado Quitline for free counselling and NRT.
 - d. Visit support websites or download quit help Apple or Android phone Apps.
 - e. Contact your worksite wellness health educator.

Phone Quit Apps



Livestrong - My Quit Coach



Quit Pro



Smoke Free—Quit Smoking



This is Quitting