

State Employee Tobacco Cessation Program

You can quit. We can help.

Quitting tobacco is tough.

Don't do it alone. As an employee or retiree of the State of Arizona, help is available at no cost to you.

When you call the State of Arizona Tobacco Cessation Program you get:

- Pharmacists to help choose the right medication for you
- Expert coaches to help you set goals and quit for good
- 24/7 support to keep you on track
- Select medications that are covered in full

All helpline services are free, in English and Spanish.

To take the first step toward quitting call:

1-844-866-3727

