

# State Employee Tobacco Cessation Program

You can quit. We can help.

## Quitting tobacco is tough.

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

### When you call the State Employee 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**

