

# Ready to Quit Smoking?

## Available Spanish and English:

### **Smokefree.gov**

Ready to quit smoking? Just starting to think about it? This website can help. A step-by-step guide offers tips as you prepare to quit and supports you in the days and weeks afterward. Download a Smokefree QuitGuide app for your smartphone or choose from a variety of other tools and resources that fit your needs.

### **Visit the website:**

<https://smokefree.gov> or Scan the QR code to access the website



### **State Quit Lines – Wisconsin and Illinois**

**State Tobacco Quit Lines** have Spanish speaking coaches to help you quit smoking.

[Wisconsin Quit Line](#)

[Illinois Quit Line](#)

Call 800-QUIT-NOW

Call 866-QUIT-YES

Text READY to 34191

<https://quityes.org/>

[WiQuitLine.org](http://WiQuitLine.org)

## Available English Only:

### **Empowered to Quit**

American Cancer Society researchers developed **Empowered to Quit**, an English only email-based program to help you quit smoking.

- You set your quit day and make a plan.
- American Cancer Society Team sends you emails with information specific to your needs.
- You are offered encouragement and personalized tips along your quit journey.

### **Visit the website to Register and start today:**

[cancer.org/EmpoweredToQuit](https://cancer.org/EmpoweredToQuit) or Scan the QR code to start your quit journey



 Advocate Health Care |  Aurora Health Care

Now part of  **ADVOCATEHEALTH**