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Interested in quitting tobacco? MaineCare can help!

If you are thinking about quitting, you are not alone.
Approximately three out of four people who use tobacco want to quit.

What happens when you quit?

- Your blood pressure and circulation improves.
- Your heart rate improves.
- Your lungs work better.
- Your chances of developing cancer, heart disease, diabetes or having a stroke go down.

How can MaineCare help you quit? MaineCare pays for:

- Tobacco treatment counseling services.
- Nicotine replacement options like the nicotine patch or gum.
- Doctor visits.

Ready to quit now?

- Call the Maine Tobacco Helpline at **1-800-207-1230** to get free help with your quit plan.
- Call your doctor for help finding services and determining which products might be best for you.

Starting to think about quitting?

- Visit the QuitLink at: <https://thequitlink.com/>.
- Learn about free tools and resources.

Not ready to quit yet?

- Take the Smoke Free Home Pledge at:
<https://breatheasymaine.org/smoke-free-homes-pledge/>.
- Remember, there is no risk-free level of secondhand smoke.

Getting help is a sign of strength. We can help.



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