

Pregnant and Smoking? We Can Help!



**The Michigan Tobacco Quitline is here to help.
1-800-QUIT-NOW or 1-800-784-8669**

Did you know?

- **Smoking can cause you to deliver too soon.**
- **By quitting, you're making sure your baby is getting enough oxygen to grow.**

Here's what you can expect when you call.

When you call the Michigan Tobacco Quitline, be sure to tell them that you are pregnant.

- The Quitline has created a special program **just for pregnant women.**
- The program is **free and confidential.**
- It's a proven way to **quit successfully.**
- Enrolling is **simple.**
- You will talk to your **personal Quit Coach.**
- You start building **a plan that's right for you.**
- You will **receive up to nine calls** during your pregnancy and postpartum.
- You have **the opportunity to receive text messaging.**
- You **earn rewards after every call** that you can use to buy things for you and your baby.
Rewards after every call up to \$25 (\$5 per call) for pregnancy and up to \$40 (\$10 per call) for postpartum.

**Call the Michigan Tobacco
Quitline today.**

1-800-QUIT-NOW

