

Do you know what resources are available to you?

• By Phone •

- Talk to your Doctor
 - Portage Health University Center • 906-483-1860
 - Aspirus Keweenaw Medical Arts in Houghton • 906-487-1710
- Counseling Services • 906-487-2538
- American Lung Association hotline • 800-586-4872 or 248-784-2024
- MI Dept. of Community Health Tobacco Quit Line • 800-480-7848
- National Cancer Institute • 800-4-CANCER
- Nicotine Anonymous (free 12 step approach) • 415-750-0328
- American Cancer Society (ACS) • 800-227-2345 or 877-44U-QUIT
- Michigan Tobacco Quit Line • 800-QUIT-NOW (800-784-8669)
- Western Upper Peninsula Health Department • 906-482-7382

Do you know what resources are available to you?

• Online •

- Go online at www.mtu.edu/tobaccofree
- Visit BCBS.com for free programs (Fees may apply if you are not a BCBS member)
Quit the Nic Program and many others
- Download the American Lung Association “Freedom From Smoking” Handout Book • <http://www.lung.org/stop-smoking>
- Download the Michigan.org Tobacco Quit Kit • www.Michigan.org
- Visit www.aetna.com
Must be a member for their online and telephone programs