

## CONGRATULATIONS ON ADOPTING A SMOKEFREE POLICY!

You are helping improve the health of your residents!

Has someone come to you, the property manager, about wanting to quit tobacco use?

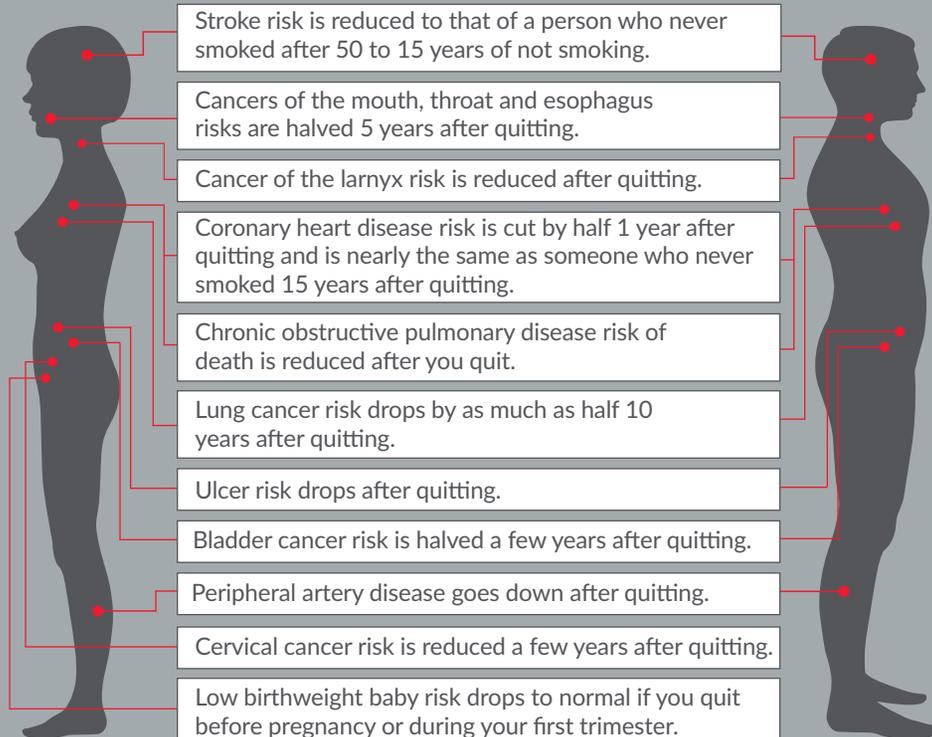
Here are some helpful tips in assisting them:

Be a cheerleader!	"That is great news!"
Be empathetic.	"I know it's not easy to quit. Good for you for taking the first steps. It's important to seek out from your physician help with this—there are medications and counseling to people quit."
Encourage them to utilize resources available.	"We are fortunate to have QUITPLAN here in Minnesota, which is a place where you can get free counseling and medication."
Share printed information with them.	Refer them to the information on the back of this card, or share a QUITPLAN* brochure with them.

\*To order free QUITPLAN brochures, go to [www.quitplan.com/request-materials](http://www.quitplan.com/request-materials)

## The Benefits of Quitting

Compared to smokers, your...



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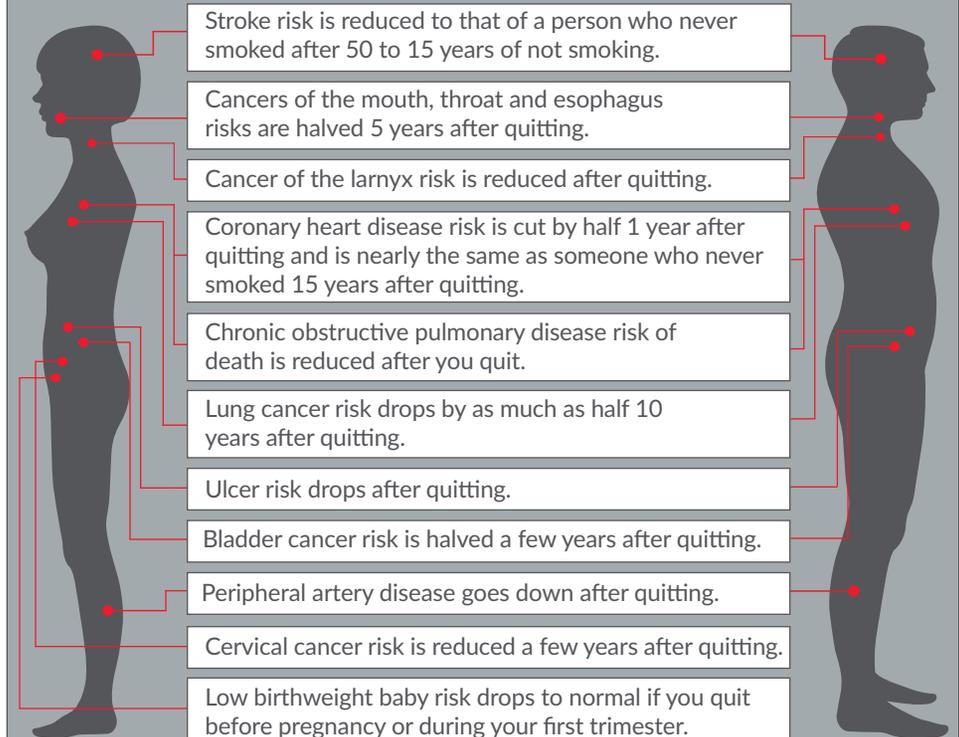
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## The Benefits of Quitting

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Connecting a resident to a cessation program can be essential to their quit attempt. By referring them to cessation programs, you are continuing to do your part in creating a healthy, smokefree environment in your community.



## QUITPLAN®

For even more help, QUITPLAN® Services offers a wide variety of free tools to help all Minnesotans quit.



### TEXT MESSAGING

Tips, tools and advice delivered right to your phone.



### STARTER KIT: PATCHES, GUM OR LOZENGES

Receive two weeks of free patches, gum or lozenges.



### EMAIL PROGRAM

A series of emails full of tips and encouragement.



### QUIT GUIDE

A practical and useful Quit Guide to help you build your plan to quit.



### HELPLINE

One-on-one phone coaching including texts, emails, patches, gum or lozenges and a welcome kit.

TO LEARN MORE VISIT  
[QUITPLAN.COM](http://QUITPLAN.COM) or CALL  
1-888-354-PLAN.



## FREEDOM FROM SMOKING®

Freedom From Smoking® is the American Lung Association's proven quit smoking program, and has helped over a million people.



### FREEDOM FROM SMOKING® ONLINE BASIC

A free program consisting of seven modules, each containing several activities.



### FREEDOM FROM SMOKING® ONLINE PREMIUM

A program consisting of eight modules, and each module contains several lessons along with message boards, blogs and other social networking capabilities.



### FREEDOM FROM SMOKING® CLINIC PROGRAM

A program based on the underlying premise that smoking is a learned habit, so quitting is unlearning this automatic behavior and replacing it with healthy alternatives.



### LUNG HELPLINE 1-800-LUNGUSA

Compassionate and knowledgeable HelpLine staff can provide you with the support you need and the answers you're looking for.

TO LEARN MORE VISIT  
[FFSONLINE.ORG](http://FFSONLINE.ORG) or [LUNG.ORG](http://LUNG.ORG)  
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