



What happens when I call the Ohio Tobacco Quit Line?

We're glad you called.

Your call will be answered by a Quit Line Customer Service Representative, in English or Spanish, who will ask for basic information such as your name, address, telephone number, etc. All information is kept strictly confidential. Qualified individuals, including uninsured, Medicaid recipients and pregnant women will be connected to a Quit Coach.

Getting to know your tobacco history.

First your Quit Coach will explain how the Quit Line program works. Then you will be asked some general questions about your tobacco use, reasons for quitting, and any previous attempts to quit. You will also be asked about any tobacco-related health issues you may have. All information is kept strictly confidential. You don't have to answer any questions that you don't want to.

Your personalized quit plan.

Your Quit Coach will ask you to pick a quit date and then work with you to develop a personalized quit plan. Your quit plan includes tips to help you prepare for your quit date, and lots of ways to help make quitting easier once you begin.

Understanding nicotine patches.

Your Quit Coach will also explain the different kinds of products available to help you quit and ask which ones, if any, you will be using. If you want to use the Quit Line's free nicotine patches, your coach will ask you a few health questions. Depending on your answers, written medical consent from a doctor may be required. Your coach will explain how to correctly use the patches and order your first free supply, which will be mailed directly to you.

We'll talk to you soon.

That's it, until your next scheduled telephone call with a Quit Coach. You can also call the Quit Line to ask questions, seek advice, or just get some moral support. We're here to help you every step of the way.