



# Ohio Tobacco Quit Line Pregnancy Program

Quitting smoking is best for you and your baby.

You've tried to quit and would like help...



**A FREE program to help pregnant women quit smoking.**

The program offers special rewards to pregnant callers, including:

- A \$5 rewards card after your first call
- A \$5 rewards card per completed call during pregnancy (up to \$25)
- A \$10 rewards card per completed call after childbirth (up to \$40)

Other benefits:

- Text messaging options
- Nicotine replacement therapy (if applicable and approved)
- Online counseling and individual, telephone counseling
- Most importantly: a healthy, tobacco-free future for you and your baby!

