

# Pregnant and Smoking? We Can Help!



TOBACCO  
REDUCTION  
AND  
PREVENTION

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.

Call the Michigan Tobacco  
Quitline today.

**1-800-QUIT-NOW**

