



# QUITTING TOBACCO

## CURRENT PARTNERS IN WA STATE

### RVO Health

- Provides phone Quitline services
- Nicotine Replacement Therapy (NRT)
- Needs-based programming

### 2Morrow Health - Smartphone App

- Coaching via smartphone app
- Vaping program (13+)
- Smoking & tobacco program (18+) (also offered in Spanish)
- Pregnancy program

Cigarette smoking remains the leading cause of preventable death and disability in the United States. While Washington State has made progress in reducing the number of youth and adults who smoke, there are still opportunities to reach individuals who wish to quit (CDC, 2022).

### WA State Quitline

- Call
  - 1-800-Quit-Now (1-800-784-8669)
- Text
  - Text READY to 34191
- Online
  - Chat, text, or group session option
- Learn More
  - [quitnow.net](https://quitnow.net)

### WA State Quitline: what to expect

- Welcome Kit
- Coaching Calls
- Chat with a coach
- Ongoing support
- Emails

#### Throughout:

- Web coach
- Unlimited inbound phone support
- Email support
- quit guide
- Nicotine Replacement Therapy
- Text to Quit

### 2Morrow Health

- Free and anonymous
- Tailored programming
- Self-guided
- Spanish versions
- Support with dealing with unhelpful thoughts and urges caused by nicotine
- Access up to 14 core lessons
- [Find out more](#)

### Other Resources

- [Create my Quit Plan](#)
- [Guide for Quitting Smoking](#)
- [Live Vape Free](#)
- [Nicotine Anonymous](#)
- [Smoke Free](#)
- [This is Quitting](#)