

I'M **DONE** LETTING  
CIGARETTES CONTROL  
**MY LIFE.**



Sign up on the phone or online — for a **FREE** custom quit plan, **FREE** patches, gum or lozenges **and more!**

HAWAI'I TOBACCO QUITLINE

**1-800 QUIT-NOW**

HawaiiQuitline.org | 1-800-784-8669



The Hawai'i Tobacco Quitline is open **7 days a week**, and it's completely **FREE**. Quitlines make you 56% more likely to quit successfully, compared to quitting on your own.

When you're ready, call  
**1-800-QUIT-NOW**  
(1.800.784.8669) or enroll in  
our Online Coaching program.

**QUIT CIGARETTES, VAPE,  
OR E-CIGARETTES FOR GOOD.**

Call us and a **Quit Coach**® will talk with you to create your custom Quit Plan.

**Sign up on the phone or online to receive these FREE services:**

- **FREE** custom quit plan
- **FREE** patches, gum, or lozenges
- **FREE** online support
- **And more!**

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