



GET IN TOUCH

**SMOKE FREE LIVING**  
RESOURCES IN ANOKA COUNTY

Making the Healthy Choice the Easy Choice



763-323-6097



Ship@co.anoka.mn.us



goanokacounty.org

*Making the Healthy  
Choice the Easy  
Choice.*



## QUIT PLAN

Services available include Helpline, Quit Guide, and free two-week kit of gum, patches, or lozenges.

*Interpreters available in Spanish, Russian, Somali, and many other languages.*

1-888-354-7526

## FREEDOM FROM SMOKING

American Lung Association offers online and in-person programs to help you quit smoking.

1-800-586-4872

## LANGUAGE SPECIFIC

Free smoking cessation services in non-English speaking formats.

ASPIRE (Spanish)  
[www.mdanderson.org/about-md-anderson/community-services/aspire.html](http://www.mdanderson.org/about-md-anderson/community-services/aspire.html)

Chinese (Cantonese and Mandarin)  
1-800-838-8917

Korean  
1-800-556-5564

Vietnamese  
1-800-778-8440

Quit Plan (Spanish, Russian, Somali and other language)  
1-888-354-7526

## NICOTINE ANONYMOUS

Offers free support to those who are trying to gain freedom from nicotine.

1-877-879-6422

## HEALTH PLANS

Check with your health plan for additional services, such as coverage for prescription medicines, smoking cessation groups, or nicotine replacement therapy (gum, patches, and lozenges) to help you quit. Services and fees vary by plan.



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