

NO JUDGMENTS. JUST HELP.

GET FREE SUPPORT FROM THE OKLAHOMA TOBACCO HELPLINE.

Thinking about quitting? FREE tools and nonjudgmental support are available to you 24/7 through the Oklahoma Tobacco Helpline.

HOW CAN THE HELPLINE HELP YOU?

Thousands of Oklahomans have quit tobacco through the Oklahoma Tobacco Helpline. People who use the Helpline in combination with nicotine patches, gum or lozenges double their chances for success. Our trained Quit Coaches offer positive encouragement and nonjudgmental support to help you — no matter where you are in your journey.

Getting started is simple.

- Call 1-800-QUIT NOW or visit OKhelpline.com for free text and email support, phone and web coaching, patches, gum or lozenges and more.
- You'll talk to a registration specialist for about 10-15 minutes. Then you'll be transferred to a Quit Coach™.
- You should receive your nicotine replacement therapy in 10-14 business days.
- If a Quit Coach calls you, 1-800-784-8669 will appear on your mobile and 1-800-QUIT NOW on your landline caller ID.

WE'RE AVAILABLE 24/7.

The Helpline provides around-the-clock services in many languages, including services for the hearing impaired. We offer customized Quit Plans, a web-based community for discussions and trackers to measure your progress and financial savings.



Call **1-800-QUIT NOW** to get the free help you've been waiting for.

Not ready to sign up yet? No pressure.

Visit **OKhelpline.com** for tips, tools and information.



1-855-DÉJELO-YA Spanish
1-877-777-6534 TTY



Partners:
 Oklahoma State Department of Health
 U.S. Centers for Disease Control

NO SE JUZGA. SÓLO SE AYUDA.

RECIBE APOYO GRATIS DE LA LÍNEA DE AYUDA OKLAHOMA TOBACCO HELPLINE.

¿Pensando en dejar el tabaco? Hay herramientas GRATIS y apoyo sin prejuicios disponibles para ti 24/7 a través de la Línea de Ayuda Oklahoma Tobacco Helpline.

¿CÓMO PUEDE AYUDARTE LA LÍNEA DE AYUDA?

Miles de residentes de Oklahoma han dejado el tabaco a través de la Línea de Ayuda Oklahoma Tobacco Helpline. La gente que usa la Línea de Ayuda en combinación con los parches de nicotina, chicles o pastillas duplican sus posibilidades de éxito. Nuestros Consejeros de Cesación entrenados ofrecen refuerzo positivo y apoyo sin prejuicios para ayudarte - sin importar dónde estés en tu recorrido.

Comenzar es sencillo.

- Llama al 1-855-DÉJELO-YA o visita OKhelpline.com para apoyo gratis por correos electrónicos, consejería telefónica y por internet, parches, chicles o pastillas y más.
- Hablarás con un especialista en registro por aproximadamente 10-15 minutos. Luego serás transferido con un Consejero de Cesación.
- Deberás recibir tu terapia de reemplazo de nicotina en 10-14 días laborales.
- Si un Consejero de Cesación te llama, el número 1-855-335-3569 aparecerá en tu teléfono móvil y el 1-855-DÉJELO-YA en el identificador de llamadas de tu teléfono fijo.

ESTAMOS DISPONIBLES 24/7.

La Línea de Ayuda provee servicios a cualquier hora en muchos idiomas, incluyendo servicios para aquellos con discapacidad auditiva. Ofrecemos Planes de Cesación personalizados, una comunidad en internet para discusiones y herramientas de seguimiento para medir tu progreso y ahorros financieros.



Llama al **1-855-DÉJELO-YA** para que recibas la ayuda gratuita que has estado esperando.



¿No estás listo aún para registrarte? No hay presión.

Visita **OKhelpline.com** para consejos, herramientas e información.



1-800-QUIT NOW **Inglés**
1-877-777-6534 **TTY**



En asocio con:
 Oklahoma State Department of Health
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Ideas to help you move more.

- Park farther away and walk to the farthest entrance.
- Pay inside instead of paying at the pump.
- Take another lap after you've finished shopping.
- Walk your dog every day.
- Take a lap around the airport terminal during a layover.
- Take the stairs.
- Return the shopping cart all the way into the store.
- Get off the bus a stop or two before your stop and walk.
- Pace when waiting for meetings to start.
- Walk to a coworker's office and talk to them instead of calling.
- During TV commercials, walk around the house.

Walking steps equivalents.

1 mile = 2000 average steps

1 block = 200 average steps

10 minutes of walking = 1200 steps on average

Bicycling or swimming = 150 steps for each minute

Strive for 10,000 steps each day, but every step counts.

eat better. move more. be tobacco free.



ShapeYourFutureOK.com



Every step counts. So count every step.

- Challenge yourself to take at least 10,000 steps every day!
- Want a new pair of shoes? Try wearing out the ones you have!
- Challenge a friend to see who can take more steps in a day or week!
- How many steps make a mile? Find out!
- Track your steps this week. Then try to beat it next week!
- Take your dog for a walk every day.
- See how many steps you can take during TV commercials.
- Walk to school whenever it's safe to do so.
- At the mall? Take another lap before you leave.
- Always take the stairs.
- Don't just walk. Skip, jump rope, hop or do jumping jacks!



How many steps does it take?



1 mile = 2000 average steps

1 block = 200 average steps

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