

Kickstart Kit.

This kit is delivered to you and includes:

- Tools and tips to help you quit.
- As many as four weeks of FREE nicotine lozenges. gum or patches.
- The optional Quit Guide.

Quit Guide

This guide can be delivered to you, used online or printed. It includes:

- Tips and techniques to help you quit on your own.
- Guidance to better understand your addiction and prepare for your quit.
- Recommendations to ease your symptoms and cope.



Stop The Smoke.

1-866-SD-QUITS (1-866-737-8487)

SD Relay 711

Monday - Friday 7 a.m. - 9 p.m. CST Saturday 9 a.m. - 5 p.m. CST

Voicemail is available 24/7 and conreturned the next busines

HonorEve O Breath.org SPANILine.com



@SDQuitLine



@SDQuitLine



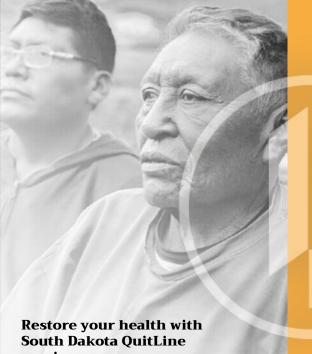
facebook.com/SDQuitLine

Paid for by the South Dakota Department of Health.

Honor **Traditions** Safely.

Our culture and cansasa are sacred and made to be shared — unlike commercial tobacco.

We have lost so many to ailments caused by commercial tobactor Protect yourself and your loved sees. If you have a commercial tobacco addiction, the South Dawta QuitLine can help you quit.



services.

Enroll Now

Call 1-866-SD-QUITS (1-866-737-8487) Dial SD Relay 711 Visit SDQuitLine.com.



Quit With Support.

Enhanced Coaching.

Video or phone coaching includes:

- Weekly coaching calls.
- As many as 12 weeks of prescription cessation medications or nicotine replacement therapy.
- Step-by-step interactive Quit Guide.

Note: FREE* medications could include varenicline (generic Chantix), bupropion (generic Zyban), lozenges, gum or patches.

Hybrid Text Coaching.

2QuitSD hybrid text coaching includes:

- Approximately eight weeks of individual texting with limited calls.
- As many as eight weeks of FREE nicotine lozenges, gum or patches.

- Step-by-step interactive Quit Guide.





Traditional Tobaccati Dakota

Cansasa is the tank and tobacco used by the Lakota and Darth people. Traditional tobacco has been used by tribes of the Great Plains for centuries in the cultural and spiritual importance.

Cansasa connects us with the spirit world and those around us.



- Not inhaled
- Sacred
- Not convenient
- Spiritual
- Not addictive
- Natural
- No additives
- No negative health effects

Commercial Tobacco

The poisons and nicotine in commercial tobacco have made us sick and weak and robbed our people of the Great Spirit's sacred gift.

It's time to reclaim our culture and stop supporting using commercial tobacco.



- Inhaled
- Not sacred
- Easy and convenient
- For profit
- Addictive
- Unnatural and processed
- Harmful additives
- Causes countless diseases and health effects