

quitnow.ca

THE  LUNG ASSOCIATION™
British Columbia

QuitNow: Free Quit Smoking Support

PHONE Call 811 ask for QuitNow. **OR** 1.877.455.2233

WEB Visit QuitNow.ca

TEXT Text the word QuitNow to 654321

BC Smoking Cessation Program

- Free nicotine gum or patch – call HealthLinkBC at 811
- Low-cost prescription Champix™ or Zyban™ – call Pharmacare at 1.800.663.7100 for eligibility info