



quitnow.ca
1-877-455-2233

Click on **QuitNow.ca** or call toll free
1-877-455-2233 or TTY **1-888-445-5788**,
24-hour services, 7 days a week, to help you quit
smoking for good. Translation services are available
in more than 130 languages.

THE  **LUNG ASSOCIATION™**
British Columbia

QuitNow.ca is operated by the BC Lung Association
and funded by the BC Ministry of Healthy Living and Sport.
It is free to all residents of British Columbia. People who are not
from BC can access the parent program QuitNet for a fee.

The BC Lung Association is a member of the
BC Healthy Living Alliance.

2675 Oak Street, Vancouver, BC V6H 2K2
Toll Free 1 800 665-LUNG (1 800 665-5864)
www.bc.lung.ca

DB.421.Q85



Kick**the**Butt

quitnow.ca
1-877-455-2233



Click online at www.QuitNow.ca

QuitNow.ca is a quit smoking program. Increase your odds of success by joining an online community that is there for you around the clock. Expert advice, individual counselling and peer support available free to residents of BC, anytime and anywhere.

HIGHLIGHTS OF THE WEBSITE INCLUDE:

- Expert counsellors to provide you a personalized plan
- Quitting tools to track your progress
- Quitting statistics
- Quitting tips
- Journal to record your progress
- Support from others sharing their stories
- Directory of other local and provincial quit smoking resources

QuitNow.ca can be accessed free from any computer simply by providing your postal code to verify that you are a BC resident.



Call the helpline **QuitNow by Phone**
1-877-455-2233 (toll free)

QuitNow by Phone is a confidential, free helpline. It is available around the clock and is staffed by specially trained counsellors who are there to listen and to provide support and guidance.

HIGHLIGHTS OF THE HELPLINE INCLUDE:

- Counsellors who are specially trained to help you quit smoking
- Personalized programs based on your needs
- Specially designed reading material available for your support
- Assistance in more than 130 languages
- TTY service for the deaf and hearing impaired

A personalized program will be created for you based on your personal needs. The phone team will listen, support and provide much needed reinforcement when you are attempting to quit smoking. If you want to help a friend or family member, QuitNow by Phone also offers you tips on how to best support them.

By quitting smoking NOW, your health will start to improve immediately.

AFTER:

20 minutes your blood pressure and pulse rate decrease

8 hours carbon monoxide levels drop and the oxygen level in your blood increases to normal

1 day the likelihood of a heart attack decreases

2 days your sense of smell and taste begin to improve

2 weeks circulation and lung function improve

6 months coughing, sinus congestion, tiredness and shortness of breath is reduced

1 year your risk of smoking-related heart attack is cut in half