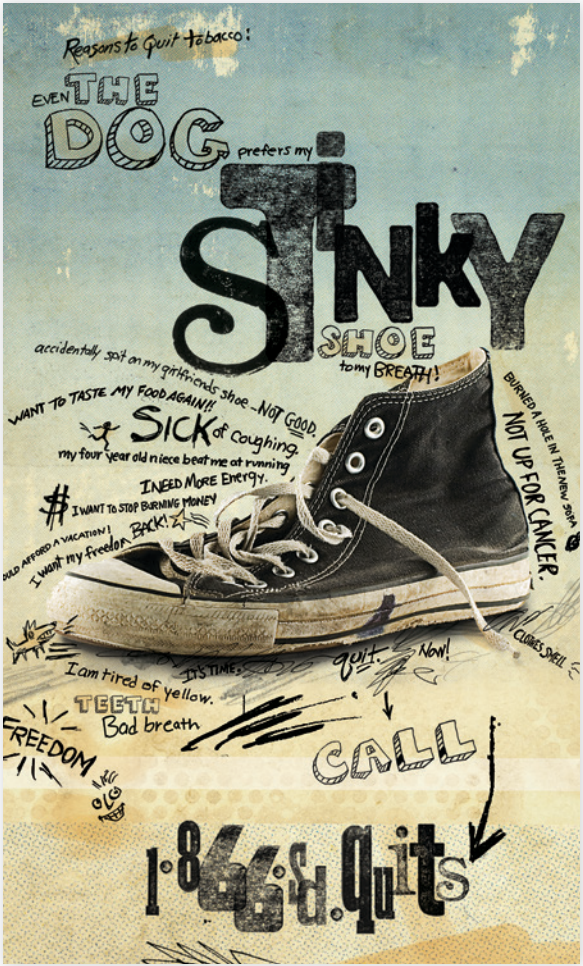

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2 Ways to Start Quitting

SERVICE	PHONE COACHING	ONLINE ASSISTANCE
How to sign up	1-866-SD-QUITS	SDQuitLine.com
Free Personal Quit Coach	✔	
Online Community Support		✔
Personalized Quit Plan	✔	✔
Tools to Track Progress	✔	✔
Facts & Quit Tips	✔	✔
Free Written Materials	✔	
Free Cessation Medication	✔	
Quick & Easy Enrollment*	✔	✔

(*under 15 minutes)

SOUTH DAKOTA QuitLine

1.866.SD-QUITS **www.SDQuitLine.com**

Works 2 times better than going it alone.
When you're ready to quit, we're here to help.

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