



So many ways 2B FREE



Tobacco cessation aid medications can be used with more counseling options.

UCANQUIT2.ORG www.ucanquit2.org

All beneficiaries can use the DoD web-based tobacco cessation tool. Learn more about quitting, develop a personalized quit plan, create a personal or public blog, and communicate privately using a live help feature. Take advantage of 24/7 support service.

To be considered for medications, use UCANQUIT2.org. Print your [UCANQUIT2 quit plan](#). Call (912) 435-5071 to [schedule an appointment](#) with WINN's tobacco cessation clinic. [Bring your printed UCANQUIT2 quit plan to the appointment](#).



Georgia Tobacco Quit Line 1-877-270-STOP (7867) (toll free)

Retirees, family members, and civilians can use the Georgia Tobacco Quit Line. The quit line provides free counseling, a resource library, and support services. It is available to all Georgia residents age 13 and older. Learn, practice, refine, and implement your quit plan while taking advantage of the 8 AM – midnight, 7 days/week quit line support.

To be considered for medications, use [Georgia Tobacco Quit Line](#). [Request documentation of participation](#) from your quit line counselor. [Call \(912\) 435-5071 to schedule an appointment](#) with WINN's tobacco cessation clinic. [Bring documentation of your quit line participation and your completed 2B Free quit plan](#) to your appointment.



TRICARE Smoking Quit Line 1-877-414-9949 (toll free)



TRICARE's Smoking Quit Line is for all non-Medicare eligible TRICARE beneficiaries. You will be assessed and receive guidance to help you develop a quit plan that fits your unique smoking habits. You can get assistance 24/7, including weekends and holidays. Learn, practice, refine, and implement your quit plan while using the quit line's support.

To be considered for medications, use [TRICARE Smoking Quit Line](#). [Request an authorization for care](#) from your TRICARE Quit Line counselor to use as documentation of your participation. [Call \(912\) 435-5071 to schedule an appointment](#) with WINN's tobacco cessation clinic. [Bring documentation of your TRICARE Smoking Quit Line participation and your completed 2B Free quit plan](#) to the appointment.

Facilitated Group Counseling (912) 435-5071 - Army Public Health Nursing (APHN)

Facilitated group counseling consists of four 90-minute sessions using the American Cancer Society's Freshstart program. The sessions focus on enhancing knowledge, skills and confidence to quit. Participants benefit from group interaction with a facilitator and other participants striving 2B free. Cessation aid medications are available **AFTER** completing the 4 sessions.

Attend the [Getting Ready to Quit](#) class. Call APHN to [schedule yourself to participate in the next group](#). [Attend all the sessions](#). [Complete your 2B Free quit plan](#). Call APHN to [schedule an appointment](#) with WINN's tobacco cessation clinic. [Bring your completed 2B Free quit plan](#) to your appointment to be considered for cessation aid medications. Learn, practice, refine, and implement your quit plan while taking advantage of a quit line service.