

# Support to help you quit tobacco

No matter where you are with quitting tobacco, EOCCO members have free services to help you succeed. Using nicotine replacement medicines along with support from a personal health coach can increase your success.

## Prepare for quitting

**S**et a quit date  
**T**ell family and friends  
**A**nticipate challenges  
**R**emove tobacco products where you live

## Call a health coach today

Call us toll-free at 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com). TTY users, please dial 711.



Eastern Oregon Coordinated Care Organization complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). 注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229 (聾啞人專用：711) Health plans in Oregon provided by Moda Health Plan, Inc. 16054323 (12/16)