

Smoking Cessation Programs

State of MD is pleased to partner with our health plans to bring you resources to help you lead a healthier life. Quitting smoking is hard work... **But it can be done.** Millions of people just like you have become and are still former smokers.

Each of our health plans provides tools to help you quit.

The links below outline some of those resources and we encourage you to take a few moments to visit your plan's website.

Take the first step to better health!

Then the following links:

www.smokingstopshere.com

www.smokefree.gov

www.becomeanex.org

www.myquitkit.org

www.cdc.gov/tobacco/quit_smoking

www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=24

