



Call Now

Free & Clear[®] Quit For Life[™] Program

Don't let tobacco rule your life — take control

Free & Clear provides:

- Phone-based treatment
- Your own Quit Coach
- Personalized quit smoking plan
- Coping skills
- Medications* for nicotine cravings
- Toll-free phone (5 am to 9 pm) seven days a week to help you stay on track

**Some medications covered by your OMIP/FMIP plan*

Free & Clear
1-866-QUIT-4-LIFE
(1-866-784-8454)

Have your
insurance card handy

This program is free

Oregon
Health
Authority

OMIP-
FMIP
We're here for you!

With Quit for Life, your chances of quitting are six times higher than quitting on your own!