

A TIP FROM A  
**FORMER  
SMOKER**

TM

**When I was trying  
to quit smoking,  
I threw away all my  
lighters and ashtrays.**

*Wilma, quit at age 45*

***Medicaid and your health care provider can help you quit.  
For more help,***

**CALL 1-866-697-8487.**

***health.ny.gov/quitsmoking***



**NEW  
YORK  
STATE**

**Department  
of Health**