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RE: The Michigan Tobacco Quitline Pregnancy Program

Did you know the Michigan Tobacco Quitline has a special program just for pregnant women? Over 1,000 pregnant women have called the quitline for help since the program began in 2012. If you are pregnant and a smoker, the most important thing you can do for your health and the health of your unborn child is to quit smoking. Fortunately, the Michigan Tobacco Quitline is available to help pregnant moms.

The Michigan Tobacco Quitline pregnancy program provides ongoing support with up to nine calls during pregnancy and after delivery. Pregnant callers receive their own personal coach who has received advanced training on helping pregnant women quit using tobacco. Pregnant callers also receive a gift card incentive after every call. Some of the benefits of quitting smoking and staying smoke free after the baby is born include:

- A lower chance of premature birth.
- A higher chance the baby will be healthy enough to go home the same time mom does.
- Less upper respiratory and ear infections.
- Less chance for heart and lung disease, as well as other related diseases.
- Having more energy and being able to breath easier.

The quitline offers Arabic and Spanish-speaking counselors, as well as interpretive services for a wide variety of languages. For more information, or to enroll in the quitline pregnancy program, call 1-800-QUIT-NOW (784-8669).