



An Marion County Pisekin Euku Tobacco

Pisekin Neniachkewe me Programun Insuransin Safei



Nampan Fonun Aninisin Euku Tobacco non Oregon

1-800-QUIT-NOW (1-800-784-8699)
1-877-DEJELLO-YA (1-877-266-3863)
www.quitnow.net/Oregon

- Mei tongeni Fosun Merika, Spain, me ekoch fonu
- Ew Fon me aninis onain
- Ruu wiiken nicotine patch me/ika appach ngeni ekewe rekan safei nge mei tufich ngenir
- **ESE KAMO**



Salem Health Classin "Tiweseni Uunnun Supwa" ("Freedom From Smoking")

503-814-2432
www.salemhealth.org

- Non Fosun Merika
- Wanuu ruu-awa class non fougoun aramas
- **ESE KAMO**



Santiam Pioing Classin "Tiweseni Uunnun Supwa" ("Freedom From Smoking")

971-600-5847
cclark@santiamhospital.org

- Non Fosun Merika
- Wanuu ruu-awa class non fougoun aramas
- **ESE KAMO**



Kaiser Permanente Classin "Tiweseni Uunnun Supwa" ("Freedom From Smoking")

healthy.kaiserpermanente.org

- Non Fosun Merika
- Class me program onain
- Ese kamo ngeni ekewe mei nom won insuransin Kaiser
- Mei pwan sokono niwinin ngeni ekewe esapw chochon ewe insurans



Oregon Health Plan

1-800-273-0557
OHP.oregon.gov

- Meinsin ekei plan mei awora mwichen eureur faniten eukukunon supwa
- Anneani ewe OHP Handbook noun Client ren tichikin porousan



Onain, Pisekin Aninis non Mak me won Fon



Mwicheichen ekewe ra mwoch won Nicotine (Nicotine Anonymous)

1-877-879-6422

www.nicotine-anonymous.org

- Fosun Merika, Spain, me ekoch fonu
- Mwiich onain me mwiich won fon
- **ESE KAMO**



Smokefree.gov

www.smokefree.gov/build-your-quit-plan

- Tichikin porous faniten vets, fefin, ekewe a engon me fitu ierir, ekewe ra mwokuno, me chon fosun Spain
- Awesi ekei 5 eipweipw om kopwe angei kokotun eukuk mei for pwusin fanitom



Iei ei Eukukuk (This is Quitting)

Textini "DITCHVAPE" ngeni 88709

truthinitiative.org/thisisquitting

- Programun mak won fon an epwe anisi ekewe sarafo ar repwe wes seni vape
- **ESE KAMO** mei pwan monomonono
- Om pwusin mamak won fon iteiten ran



Smokefree TXT

Textini "QUIT" ngeni 47848

www.smokefree.gov

- Aninisin Mwiichen Eureur
- Text iteiten raan an epwe anisuk om kopwe wes me uun supwa



Programun Aninisin Chon Angang me Programun Insuransin Safei

- Meinap me chon awora insurans mei pwan tongeni awora program me pisekin aninis ar repwe eukuk ika wes seni tobacco
- Porousngeni noumwe chon awora insurans



Mwicheichen mei Ch "Empowered to Quit"

www.cancer.org/empoweredtoquit

- Programun email mei for pwusin fanitom an epwe anisuk om kopwe wes

