



NEW TO BRITISH COLUMBIA?

QuitNow can help you quit smoking or vaping

Moving to a new place is a great time to make positive changes in your life. Quitting or cutting back on smoking and vaping is one of the best things you can do for your health.

DID YOU KNOW



Less than 10% of people in BC smoke or vape.



Canada has some of the most expensive cigarettes and vapes in the world. A pack of cigarettes or a vape pod costs \$15 on average.



Smoking and vaping are banned in all indoor public places and many outdoor places in BC.



REASONS TO QUIT OR REDUCE



1

IMPROVE YOUR HEALTH

Quitting protects your health now and in the future. Breathe easier, feel stronger, and lower your risk of diseases.

2

SAVE MONEY

You could save thousands of dollars every year when you quit smoking or vaping!

3

BE A ROLE MODEL

Quitting gives you more time and energy to spend with your friends and family. It also protects them from second-hand smoke or vapour.

4

KEEP BC CLEAN AND BEAUTIFUL

Quitting smoking or vaping helps the environment. It reduces plastic waste and the risk of fires.



Scan to visit our website

About QuitNow

Free services to help you quit or reduce smoking, vaping, and other tobacco use



ONE-ON-ONE SUPPORT WITH AN EXPERT QUIT COACH



- Call 1-877-455-2233. Available in 300 different languages
- Live Chat with a Quit Coach from your phone or computer. Available in 100+ languages.



Sign up for Text and Email Tips to receive tips and reminders



Access free tools and resources to help you quit or reduce



Join our Community Forum to share experiences and connect with others

BC Smoking Cessation Program

The BC Smoking Cessation Program provides 3 months of free or lower-cost quit aid per year. This includes:

- Prescription medications (varenicline, bupropion)
- Nicotine replacement therapy (nicotine patch, gum, or lozenge)

Speak with a doctor, pharmacist, or nurse practitioner to find the best option for you.



Scan here to learn how to get them



quitnow.ca

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