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Free Support to Quit Tobacco and a Meal to Make Quitting Easier

November 12, 2025, ANCHORAGE –Most Alaskans who use tobacco [want to quit](#), and Alaska’s Tobacco Quit Line is here to help. During the month of November, Alaskans who enroll in the Quit Line will receive free coaching, support and a free meal to make their quit journey a little easier.

The first 250 Alaskans who enroll this month will receive a \$20 Subway gift card, mailed directly to their homes. This incentive is made possible through a partnership between the Aurora Integrated Oncology Foundation and the Alaska Department of Health’s Tobacco Prevention and Control Program, with support from the Alaska Impact Alliance and Subway of Alaska.

“Quitting tobacco is one of the best steps you can take for your health and you don’t have to do it alone,” said Heidi Hedberg, Commissioner of the Alaska Department of Health. “Support from trained coaches, nicotine replacement therapy, and encouragement from others can make all the difference in quitting for good.”

[Alaska’s Tobacco Quit Line](#) provides free, confidential support to help Alaskans quit all forms of tobacco and nicotine, including cigarettes, chew, vapes, e-cigarettes, and nicotine pouches. Trained coaches are available 24/7 to provide personalized quit plans and free nicotine replacement therapies such as patches, lozenges, and gum.

This month’s campaign also aligns with the American Cancer Society’s Great American Smokeout, taking place Thursday, November 20. The event encourages people across the nation to put down tobacco for one day and make that their “day one” toward quitting for good.

Whether you’ve tried to quit before or are thinking about it for the first time, support is available. Health benefits begin almost immediately after quitting: within 20 minutes, heart rate and blood pressure drop; within weeks, circulation and lung function improve; and long-term, quitting reduces the risk of cancer, heart disease, stroke, and lung disease. It also protects friends and family from the dangers of secondhand smoke.

Tips for Preparing to Quit:

- Set a quit date.
- Write down your reasons for quitting.
- Remove tobacco products from your home, car, and workplace.

- Plan for cravings — the Quit Line can help.
- Ask friends and family for support.
- Quit on your chosen day and celebrate your success.

Alaska's Tobacco Quit Line is available online or over the phone, offering free, 24/7 help when you're ready to take the first step.

To enroll:

- Call 1-800-QUIT-NOW (1-800-784-8669)
- Text READY to 34191 · Visit AlaskaQuitLine.com

The Great American Smokeout on Nov. 20 could be your day one to quit. Be one of the first 250 people to sign up for the Quit Line in November, and you'll receive a gift card for a meal to help make your quit easier.

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