



Healthy Babies. Born on Time.

Baby & Me Tobacco Free Program™



Do you work with pregnant women who smoke or vape?

Quitting smoking or vaping is the single most important thing mothers can do for their health and the health of their baby. Refer your clients to Columbus Public Health's Baby and Me Tobacco Free™ program to help them get free benefits, including:



Quit Coach

One-on-one prenatal and postpartum counseling.



Support During & After Pregnancy

A plan to support and help them quit and stay quit.



Free Diapers & Wipes

Earn up to \$400 in gift cards for diapers and baby wipes.



To refer a client, call **614-645-2135**
or visit babyandmetobaccofree.org.



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PUBLIC HEALTH