

# The BABY & ME – Tobacco Free Program Referral Process



## Step 1: Confirm Eligibility

Women must be:

1. Pregnant.
2. Less than or at 36 weeks gestation.
3. A current tobacco user, quit since becoming pregnant, OR quit within 3 months of becoming pregnant.

There are no age, income, or insurance eligibility requirements.

**Want more information?**  
**Please contact:**



## Step 2: Submit a Referral

Access a link on this website:

[www.babyandmetobaccofree.org](http://www.babyandmetobaccofree.org)

Once there, click on the tab, 'Submit a Referral.'

Select your state and follow the steps. It's that easy!

**Carrie Evans, TTS**  
(716) 490-1931  
carrie@bmtfp.org



## Step 3: Stay Connected!

You will receive an email once the referral is complete.



# BABY & ME – Tobacco Free Program

FREE Program! | FREE Diapers & Baby Wipes!

Virtual Cessation  
Counseling



+

Individualized  
CO Monitoring



+

Incentives  
(\$25 Vouchers)



**Ask:** “Are you currently, or were you recently, a tobacco user?”

**Advise:** “I need to let you know that quitting tobacco is the most important thing you can do for your health and the health of your baby.”

**Refer:** “We can refer you to a program that helps pregnant women quit smoking and rewards you with FREE diapers and wipes for quitting and staying quit.”