



Tobacco QuitlineNC Fact Sheet 1-800-QUIT-NOW (1-800-784-8669)

QuitlineNC counseling is effective with diverse populations and has broad reach. Tobacco quitline callers are up to three times more likely to quit tobacco use than those who attempt to quit without treatment.

How QuitlineNC Works

- A person calls the quitline at **1-800-QUIT-NOW** (1-800-784-8669).
- Spanish speakers can call **1-855-Dejelo-Ya** (1-855-335-3569).
- A highly trained quit coach will help create a personalized quit plan that includes dealing with triggers and tips for quitting.
- QuitlineNC will send free, targeted materials.
- If eligible, QuitlineNC will send free nicotine replacement to person's home.

QuitlineNC Provides a Variety of Services for your Members

- Free telephone coaching for tobacco users, including:
 - A 20-40 minute initial assessment of each caller ready to make a quit attempt.
 - Advice on how to quit based on extensive scientific research.
 - Quit Coach follow-up with up to three more relapse prevention calls lasting between 10 – 20 min.
- Help for Pregnant Smokers – up to ten coaching sessions before and after birth
- 24 hour accessibility, 7 days per week
- Integrative web program with phone coaching
- Optional texting cessation program integrated with phone coaching
- Multiple access to QuitlineNC– telephone (1-800-784-8669), internet (www.quitlinenc.com), or health care providers can refer patients through fax referrals
- Web-only tobacco treatment program through www.QuitlineNC.com
- Information for friends, family and others concerned about a tobacco user.
- QuitlineNC also provides referrals to local tobacco treatment programs and chronic disease self-management programs.
- Upon providing QuitlineNC that one is a NC Medical Society Plan Member, plan members can receive up to eight weeks of nicotine patches, gum, lozenge or a combination of patches and gum or patches and lozenge mailed directly to their home.

Who Does QuitlineNC Serve?

- QuitlineNC serves all people who use tobacco including special populations, such as teens, pregnant smokers and people with chronic health conditions or mental health disorders.
- QuitlineNC offers translation services in languages other than English and Spanish.

Other Important Information for You

- The comprehensive coaching consists of four coaching calls initiated by the Quit Coach over a time span of five weeks to three months.
- After completion of the multiple-call coaching sessions, the participant will receive a Certificate of Completion.