

The NCMS Plan: Tobacco Cessation Program



There's a new service to help North Carolina Medical Society Employee Benefit Plan (NCMS Plan) members and their dependents quit tobacco usage for good! We have partnered with QuitlineNC to offer special coverage to help our members quit tobacco. Services through this partnership include:

- » Four telephone coaching sessions; also includes web and text coaching, if desired
- » Eight weeks of free nicotine patches, gum, or lozenges (or a combination of the three)
- » Coaching available 24/7 in English, Spanish, and many other languages

The combination of expert coaching and medication provided through this innovative tobacco cessation program has proven highly successful in helping people quit tobacco.

Tobacco is the #1 cause of death and disability in the nation! Please encourage members of your practice to consider quitting and to share the information with their family members who use tobacco.

WHY QUITLINE NC?

- » They are non-judgemental
- » They are understanding
- » It is a completely confidential service
- » Someone is always standing by ready to help

HOW DO I ENROLL?

- » From a phone with an NC area code, call 1.800.QUIT.NOW (1.800.784.8669)
- » From a phone without an NC area code, call 1.844.8NCQUIT (1.800.862.7848)
- » When asked about health insurance, mention that you are an **NCMS Plan member**

WHY SHOULD I QUIT?

- » To improve your overall health
- » To increase quality-of-life
- » To lead a longer, healthier life

Don't delay! Let the members of your practice know about these new, easy-to-use services to help tobacco users to quit.

