

Mecklenburg County

Are you looking for help to quit smoking
or using other tobacco products?

You are NOT alone...

Congratulations on making the decision to quit using tobacco! There are many reasons to quit. Quitting tobacco can be difficult but help is available.



QuitlineNC

1-800-Quit-Now (1-800-784-8669)



1-800-QUIT-NOW
1-800-784-8669

- Call if you are ready to quit smoking or using other tobacco products in the next 30 days.
- An expert quit coach will help you make a personal quit plan.
- **Some callers are eligible for free nicotine replacement:**
 - If you have Medicaid or Medicare – receive 2 weeks of free nicotine patches
 - If you are uninsured – receive 8 weeks of free nicotine patches
- New texting feature – ask when you register.

3 ways to connect with QuitlineNC:

1. Telephone (**1-800-784-8669**)
2. Web coach (www.quitlinenc.com)
3. Health care providers can refer patients through fax referrals (referral form and other resources can be found at <http://quitlinenc.com/health-professionals>)

Quit Medications

There are 7 FDA- approved medications to help in quitting tobacco use. Talk to your health provider about what is best for you. Ways to help pay for medications:

Medicaid – you can purchase nicotine replacement products for a small co-pay (i.e. \$3) if have a prescription from your health provider.

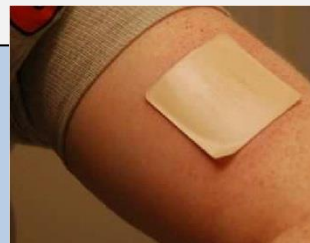
Medicare - some counseling and medications covered.

Employer-based and/or private Health Insurance - ask HR at your work or call your Health Plan to explore what your health insurance plan offers to support quitting. Many plans cover quit medications.

QuitlineNC (1-800-Quit-Now) – 8 weeks of free patches for uninsured callers; 2 weeks of free patches for registered callers with Medicaid or Medicare. www.quitlinenc.com

Pfizer Pathways - connects eligible patients to a range of assistance programs that offer insurance support, co-pay help, and medicines for free or at a savings. www.pfizerxpathways.com

NC MedAssist - is a nonprofit pharmacy program providing access to lifesaving prescription medications and related services to uninsured or underinsured NC residents. Limited quit medication. Call toll-free at 1.866.331.1348.



Quit Resources on the Web



Web Coach on QuitlineNC
www.quitlinenc.com



Become An Ex
www.becomeanex.org



Quitnet
www.quitnet.com



You Quit Two Quit
www.youquittwoquit.com
Pregnant and post-partum women



Quit Tobacco - for military & veterans
www.ucanquit2.org



SmokeFree.gov
www.smokefree.gov



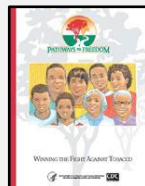
ASPIRE Youth Program:
MD Anderson Hospital -
www.mdanderson.org



My Last Dip
www.mylastdip.com



Clear Pathways -
<http://smokefree.gov/clearpathways.pdf>



Pathways to Freedom –
For African Americans:
https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways



Freedom from Smoking
www.ffsonline.org
Free version and premium version for cost (\$99) available online

TEXT Resources

Smokefree.gov offers free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smokefree and being healthier. You can sign up on your mobile phone online.

Smokefree TXT: for adult women and men who are ready to quit. You will receive 3-5 messages per day for 6-8 weeks. **Text START to 47848**

Smokefree MOM: For pregnant women who want to cut back on cigarettes and quit smoking. **Text MOM to 222888**

Smokefree Vet: For veterans with VA health care benefits. **Text VET to 47848**

Go to [website](#) and learn about keywords to text (i.e. weight management, stress, daily challenges for those not yet ready to quit etc.)

[QuitlineNC](#) also has a text service – when you register with the QuitlineNC (1-800-Quit-Now), request TEXT support.

APPS to Support Quitting



QuitGuide is a free app that helps you understand your smoking patterns and build skills to become smokefree. You can track cravings, track mood and smoking triggers and stay motivated with inspirational messages. Available on android phones and iPhones



quitSTART is a free app made for teens who want to quit smoking, but adults can use it. Distract yourself from cravings with games and challenges. Available on android phones and iPhones



Quitter's Circle, sponsored by Pfizer and the American Lung Association, provides a Quit Team of supports. Users can create a Quit Plan, receive quit tips, learn about quit funds and more. Available on android phones and iPhones.



Quit for Life by the American Cancer Society is designed to help you quit smoking and stay quit for life. Available on android phones and iPhones.

In-Person Resources in Mecklenburg County

Employer-based or Independent Health Insurance Plan

- Most health insurance plans offer support for members trying to quit tobacco use.
- The best insurance plans offer a combination of free nicotine replacement therapy and other non-nicotine medications for quitting and coaching support.
- These services could be offered by telephone or a face-to-face meeting.
- Ask a Human Resources representative at your job to find out what services are open to you!

Carolinas HealthCare System offers QuitSmart - A three session program (90 minutes per session) that includes one month of nicotine patches. Group Sessions are at locations around the Charlotte region and can be attended at no cost. Individual health coaching and requested onsite QuitSmart classes are also available for a fee.

- Call [704-667-2565](tel:704-667-2565) (local) or [1-844-375-9355](tel:1-844-375-9355) (toll-free) to register and to find out about a class near you. Pre-registration is required 48 hours before the class.
- To learn more, email: Communitywellness@carolinashealthcare.org

Novant Health Corporate Health provides the Quit Smart program. Onsite classes are provided to business and industry for worksite programs. **Call: 1-866-634-9425**

Mecklenburg County Public Health can provide a one-time session to groups about quit tips and resources or provide cessation support to targeted populations. Call [980-314-9064](tel:980-314-9064)

Johnson C. Smith University - The HealthPlex offers several free smoking cessation programs:

- **Health Coaching** – assists in motivation and creating healthy behavior modification plan.
- **Cease Well** - a 6-week wellness program consisting of wellness and smoking awareness education and cognitive restructuring using natural and alternative modalities. Groups meet weekly. Call [704-330-1370](tel:704-330-1370) for more information.

CVS Health - Ask your local CVS pharmacist if they can provide quit support. The **CVS Minute Clinic nurse** can prescribe quit medication. The pharmacist or Minute Clinic nurse will follow up with you in 30 days.

What are Other Methods That Can Help Me Quit?

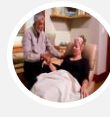
Combining FDA approved medicine with quit coaching gives you the best chance for success but the following methods have helped some people.



Acupuncture



Biofeedback



Hypnosis

Talk to your doctor about these options. The same options may not work for everyone.

- Read more at <http://nccam.nih.gov/health/providers/digest/smoking>

What Do I Need to Remember?

- ✓ Nicotine is a powerful addiction. Quitting involves breaking the physical and mental habit. It is best to have a plan on how to deal with triggers.
- ✓ Quitting is NOT easy but worth the struggle! There are immediate benefits to quitting. Your body will start to heal when you stop using tobacco.
- ✓ Some smokers may make 6 -7 quit attempts before finally giving it up for good.
- ✓ The best quit treatment is a combination of FDA approved medicines such as the nicotine patch, gum, lozenge, Chantix, or Zyban with quit coaching or counseling.
- ✓ There is no safe tobacco product.
- ✓ **E-Cigs are not approved by the FDA as a quit device. The aerosol from e-cigs is NOT clean water vapor.**

Learn the facts about electronic-cigarette use among youth and young adults:

<https://e-cigarettes.surgeongeneral.gov>

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