



YOU CAN QUIT, WE CAN HELP!

As a State Health Plan member you have a variety of resources to help you stop using tobacco products, even e-cigarettes.

QuitlineNC help includes:

- FREE one-on-one support from a Quit Coach® by phone
- Coaching 24 hours a day, 7 days a week
- Quit Coaches that speak English & Spanish
- Free 3-month supply of generic nicotine replacement patches, gum, lozenges or combination therapy available to members enrolled in the multi-call program
- Web coaching at www.QuitlineNC.com
- Support via text messaging using Text2QuitSM

"Cigarettes controlled my life. After 43 years of smoking and a heart attack – I QUIT with the help of my Quit Coach from QuitlineNC."

-Russ, State Health Plan member

*Please note: CDHP members do not need to meet their deductible to be eligible for the 15% coinsurance for CDHP preventive medications

**Chantix is limited to a 6-month supply in a 12-month period

Other NC HealthSmart tobacco cessation supports include:

- In-person counseling with your doctor or behavior therapist
- \$5 copay for over-the-counter (OTC) generic nicotine patches with a prescription for Traditional 70/30 Plan and Enhanced 80/20 Plan members
- OTC, generic nicotine patches with a prescription for 15% coinsurance for Consumer-Directed Health Plan (CDHP) members*
- \$0 copay for prescription bupropion sustained-release and Chantix for 80/20 and CDHP members age 18 and over**

NCHEALTHSmart
An initiative of the State Health Plan



Call Today! 800-Quit-NOW (800-784-8669) | www.shpnc.org

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