

ARE YOU TRYING TO QUIT SMOKING?

The American Lung Association of New England is here to help you!

Call the American Lung Association HelpLine
1-800-LUNG-USA
(1-800-586-4872) **OPTION 2**

The American Lung Association's HelpLine provides convenient, confidential consultation from professional, credentialed personnel who are qualified to help find answers to your questions about the symptoms and treatment of lung disease as well as smoking cessation counseling. The HelpLine does not replace the relationship established between the patient and their primary care physician. Feel free to call if you have any questions regarding lung cancer, asthma, allergies, emphysema, smoking cessation, environmental health, pulmonary diseases, and more. You can reach the HelpLine by calling **1-800-LUNG-USA, then press 2.**

Check with your local hospital for smoking cessation support groups and counseling.

Visit Freedom from Smoking® Online
FFSONLINE.ORG

This is a 24-hour online quit smoking program that will provide you with tools and techniques that are essential to successfully quit smoking. This online program provides educational modules you can progress through at your own pace and gives you an opportunity to build a support system through online message boards. Visit **ffsonline.org** to get started!

Here are other resources in your state to help you quit for good!

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DO YOU LIVE IN CONNECTICUT?

Call

1-800-QUIT-NOW

The CT Quit line is a telephone help line offered free of charge that provides cessation counseling, quitting information, answers to your questions, and support you need while quitting. When you call, your call will be answered by one of our Quit Coaches who are professionally trained to help you quit tobacco. Your Quit Coach and you will create a personalized Quit Plan for you to be most successful. You will also receive Quit Guides that are full of helpful tips and information to keep you on track.

Worried about cravings?

Your Quit Coach will help you decide if the nicotine patch, gum or other medication is best for you.

Your Quit Coach can also refer you to local cessation programs in your community.

The CT Quit line is open 7 days a week from 8 A.M. to 3 A.M..

English, Spanish, and other language speaking coaches are available.



DO YOU LIVE IN MAINE?

Call the Maine Tobacco Helpline at

1-800-207-1230

Visit The Partnership for a Tobacco-Free Maine at
TOBACCOFREEMAINE.ORG.

They are committed to reducing death and disability due to tobacco use in Maine and to creating an environment that is supportive of a tobacco-free life.

Are you a member of MaineCare?

MaineCare covers cessation medications and individual counseling. For more information regarding co-pays, specific coverage and other requirements, please call the Office of MaineCare Services at

207-624-7539

or

800-321-5557.

Are you a State Employee?

Anthem Blue Cross, Blue Shield covers cessation medications, group and individual counseling. Co-payments are required.

For additional information on specific coverage, please call the Division of Employee Health benefits at

207-287-6780

or

800-422-4503.



DO YOU LIVE IN MASSACHUSETTS?

Call the Smokers' Helpline at

1-800-TRY-TO-STOP
(1-800-879-8678).

Visit

TRYTOSTOP.ORG

to get expert advice, an interactive bulletin board, self-directed quitting tools, resources and information in nine languages.

Visit the Massachusetts Department of Public Health at

MASS.GOV/DPH.

Are you a health care provider?

QUITWORKS.ORG.

Physicians, nurses or other clinicians in a hospital, health center or office can refer your patients to Quitworks. Quitworks is a free evidence based stop smoking service available to any Massachusetts resident regardless of health insurance status. Quitworks offers proven effective stop smoking services to smokers, a simple enrollment for providers, patient status reports to referring providers and training for health care providers. This program is sponsored by the Department of Health.

Are you a MassHealth member?

MassHealth covers all cessation medications and counseling options. Copayments may be waived. For information on specific coverage, please call the MassHealth program at:

617-573-1770.

Are you a State Employee?

Members of the Fallon Community Health Plan may be able to receive counseling through their health plan. For more information, please visit

<http://www.fchp.org/Extranet/Members/Wellness/Tobacco.htm>

or call

1-888-807-2908.

Members of Neighborhood Health Plan may also be able to receive coverage for smoking cessation. For more information, please call

1-800-462-5449.

For information on all health plans offered to state employees, please call the Massachusetts Group Insurance Commission at:

617-727-2310.



DO YOU LIVE IN NEW HAMPSHIRE?

Call the New Hampshire Smoker's Helpline at:

**1-800-TRY-TO-STOP
(1-800-879-8678).**

You will receive information on tobacco along with free telephone-based tobacco treatment counseling. Callers can also be referred to local tobacco treatment programs. Quit Tips are available 24 hours a day at the Helpline and services are available in English and Spanish, with translation for other languages. Individuals who are deaf or hard of hearing may call our TTY line.

Visit the Try-To-STOP TOBACCO Resource Center of NH online at:

TRYTOSTOPNH.ORG.

The Try-To-STOP TOBACCO Resource Center of New Hampshire serves the general public, tobacco control professionals, educators, health care providers, and others who want to reduce tobacco's heavy toll on society.

Visit New Hampshire Department of Health and Human Services website at:

DHHS.NH.GOV

Visit the Alcohol, Tobacco and Other Drug Services program at the New Hampshire Department of Health and Human Services website listed above. Here you will find resources, educational materials and learn about existing initiatives regarding the prevention and treatment of tobacco.

Are you a health care provider?

Help your patients quit smoking by referring them to Quitworks. This is a free, evidence-based stop-smoking service developed by the New Hampshire Department of Health and Human Services in collaboration with all major health plans in New Hampshire.

Visit New Hampshire's Quitworks program at:

QUITWORKSNH.ORG

to learn more.

Are you on Medicaid?

The New Hampshire Medicaid program covers some cessation medications and counseling. For additional information on cessation coverage, please call the New Hampshire Department of Health and Human Services at

603-271-5254.

Are you a State Employee?

Cessation medications may be received at a discount through Caremark's Mail Service Program. Members can be reimbursed for cessation classes. For more information, please call the New Hampshire Department of Administrative Services at:

603-271-3262.



DO YOU LIVE IN RHODE ISLAND?

Call the Rhode Island TRY TO STOP Quit line at

1-800-TRY-TO-STOP.

This is a free telephone service available to Rhode Island residents who want to stop using tobacco. The Quit Line offers free quitting information, one-on-one telephone counseling, and referrals for you or a loved one.

Visit:

TRYTOSTOP.ORG.

This website offers interactive features including a quit wizard, quit plan, calculator, success stories, e-mail tips, e-cards, and a community forum/bulletin boards, which provides a support system for members.

Visit the Rhode Island Department of Health at:

WWW.HEALTH.RI.GOV

Are you on Rite Care?

Rite Care's coverage of cessation treatments varies by health plan. For more information, please call the Rhode Island Department of Human Services at

401-462-5300.

Are you a State Employee?

Some cessation medications and counseling may be covered by your health plan. For more information, please call the Rhode Island Office of Employee Benefits at

401-222-3160.

Do you have Private Health Insurance?

As of August 2009, all private health insurance plans (employer based or individual policies) in Rhode Island are required to cover tobacco cessation treatments for all members. This new policy applies to insurance contracts signed after this date on a rolling basis. Please contact your employer or insurance provider to find out if cessation benefits are available to you.

Are you a health care provider?

Physicians, nurses or other clinicians in a hospital, health center or office can refer your patients to Quitworks. Quitworks is a free evidence based stop smoking service available to any Rhode Island resident regardless of health insurance status. Quitworks offers proven effective stop smoking services to smokers, a simple enrollment for providers, patient status reports to referring providers and training for health care providers. This program is sponsored by the Department of Health.

For more information visit:

QUITWORKSRI.ORG

or call

1-800-TRY-TO-STOP

(1-800-879-8678).



DO YOU LIVE IN VERMONT?

Visit Vermont Department of Health
HEALTHVERMONT.GOV

The Vermont Tobacco Control Program, through the Vermont Department of Health, provides free services for Vermonters who want to quit smoking. One or all of the following options are available:

Visit
VTQUITNETWORK.ORG

anytime, day or night, for advice, quit tips and access to coaching. Members can join a forum, read testimonials, find a quit buddy, and enjoy many other great features!

Call the Vermont Quit Network at
[1-800-QUIT-NOW](tel:1-800-QUIT-NOW)
(1-800-784-8669)

to link up with your own quit coach. Your coach will help you get ready to quit, tell you how you can get FREE nicotine patches, gum, or lozenges shipped directly to your home, and help you remain smoke free.

If you want help quitting in person, visit a Vermont Quit Network coach at your local hospital. Ask your local network coach about how to get FREE nicotine patches, gum or lozenges to help you stay in control.

To meet your quit coaches ahead of time, visit:
VTQUITNETWORK.ORG.

Are you on Medicaid?

The Vermont Medicaid program covers cessation medications. Co-payments are required and some limitations apply. For more information, please call the Green Mountain Care Office at:

[800-250-8427](tel:800-250-8427).

Are you a State Employee?

State employee benefits in Vermont cover cessation medications. Co-payments are required. For more information, please call the Vermont Department of Human Resources Employee Service Center at:

[802-828-0709](tel:802-828-0709).



NATIONAL RESOURCES

National Cancer Institute

Connect with the Tobacco Control Research Branch of the National Cancer Institute by calling toll free

1-877-44U-QUIT
(1-877-448-7848).

Information specialists are available to answer smoking-related questions in English or Spanish, Monday through Friday, 9:00 a.m. to 4:30 p.m. local time. If you prefer to chat online go to:

WWW.CANCER.GOV/LIVEHELP

Nicotine Anonymous

Nicotine Anonymous is a Non-Profit 12 Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Call the toll-free phone number at:

1-877-879-6422

or visit

NICOTINE-ANONYMOUS.ORG

EX

WWW.BECOMEANEX.ORG

for help quitting smoking. EX is brought to you by the American Legacy Foundation, a growing group of states, public health organizations, non-profits, foundations and companies all dedicated to helping people quit smoking. EX is free to anyone looking for help, utilizing proven methods to teach smokers how to quit and stay quit.

Smoke Free Teen

A website offering evidence based smoking cessation information and interactive tools designed especially for teens. Visit:

TEEN.SMOKEFREE.GOV

Smoke Free TXT

A free text messaging program developed for teens to provide 24/7 encouragement, advice, and tips to help teen smokers quit for good. If you pay for individual texts, this program may not be for you.

Text:

QUIT

to

IQUIT (47848)