

Quit Tobacco for Good!

Support That **Works**,
Rewards That **Motivate**

Do you have patients who are ready to quit smoking, vaping, e-cigarettes or other tobacco products? If they are NH Healthy Families members and **Complete six coaching sessions** through either our Tobacco Cessation (adults and minors) or Puff Free Pregnancy programs they can earn a **\$10 My Health Pays® reward**. Encourage them to take the next step toward a healthier, tobacco-free life.

You can make a referral for the NH Healthy Families Tobacco Cessation Health Coaching Programs by visiting nhcareconnections.resources.uniteus.io, email: NHHFCAREMANAGEMENT@centene.com or call **1-866-769-3085**.

Additional programs available from the New Hampshire Department of Health and Human Services (DHHS):

PROGRAM FOR ADULTS	PROGRAM FOR TEENS
 QuitNow-NH connects members with a trained Quit Coach who can help them build a personalized quit plan, manage cravings, and choose the right nicotine replacement products to support their success. Quit Coaches are available from 7 AM to 1 AM so members can make coaching sessions fit into their life schedule. If they prefer texting, those who are 25 years and older, text “Start” to 300500; 18-24, text 36072. A coach will text them for free and help them create a quit plan that will work best for them. They can also sign up for free motivational text messaging.	 Call 1-855-891-9989 Text “Start My Quit” to 36072 By enrolling in My Life My Quit, teen participants receive: Five, one-on-one coaching sessions usually scheduled every 7-10 days. Coaching helps teens develop a quit plan, identify triggers, practice refusal skills and receive ongoing support for changing behaviors, Self-help and educational materials designed for teens, with input from teens and Additional support by phone, by text message or by online chat.
1:1 counseling/coaching to stop using other nicotine products 8 sessions per quit session, up to two quit sessions per year Nicotine replacement therapy: lozenges, gum, patches Medication- Varenicline (Chantix generic)	

*The Food and Drug Administration defines tobacco products that include cigarettes, cigars, dissolvables, hookah tobacco, nicotine gels, pipe tobacco, roll-your-own tobacco, smokeless tobacco products, including dip, snuff, snus, and chewing tobacco, vapes, e-cigarettes, hookah pens, and other electronic nicotine delivery systems.

1-866-769-3085
TDD/TTY: 1-855-742-0123

NHhealthyfamilies.com