

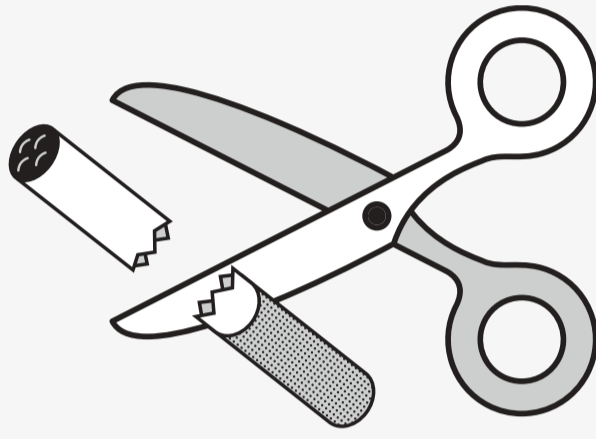


Every quit starts with a try

QuitlineNC takes the daunting task of quitting tobacco and breaks it into **bite-sized chunks**. Whether you smoke, vape, dip, or chew, **QuitlineNC can help you make this quit attempt your last.**

[Give it a try](#)

Six simple steps to a tobacco-free life:



Prepare to quit with confidence

Complete a simple self-screening in the app to see if you qualify for Nicotine Replacement Therapy (NRT) in the form of patches or gum.



Make your plan with a coach

Work with coaches, available 24/7 via phone, chat, or text to create a Quit Plan that works for you.



Build up with "mini-quits"

Practice quitting with small changes that will help you quit for good.

Quit Date



Conquer your cravings

Navigate triggers with coach-led group sessions, trackers, text support, and more.



Embrace a healthier lifestyle

Receive real-life tips and plan your path to quitting with daily goals, articles, and videos.



Stay tobacco-free

Get up to one year of coach support to help you overcome cravings.

The best part?

This self-paced program is available to you at no cost as part of your QuitlineNC benefits.

[Give it a try](#)

*If applicable and as determined by a coach.

Nicotine Replacement Therapy (NRT) benefits vary by plan. Check with your health insurance administrator to determine what options are available to you. Regardless of coverage, QuitlineNC will recommend an NRT plan to help you be successful in your quitting journey.

This message is not intended to imply any illness, condition or need for improvement on the part of the recipient.

QuitlineNC is available to eligible members at no additional cost as part of your benefits. The QuitlineNC program is educational in nature and is not a substitute for medical advice.

The QuitlineNC program provides information regarding tobacco-cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The QuitlineNC program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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