

Subject: Why understanding your tobacco triggers matters

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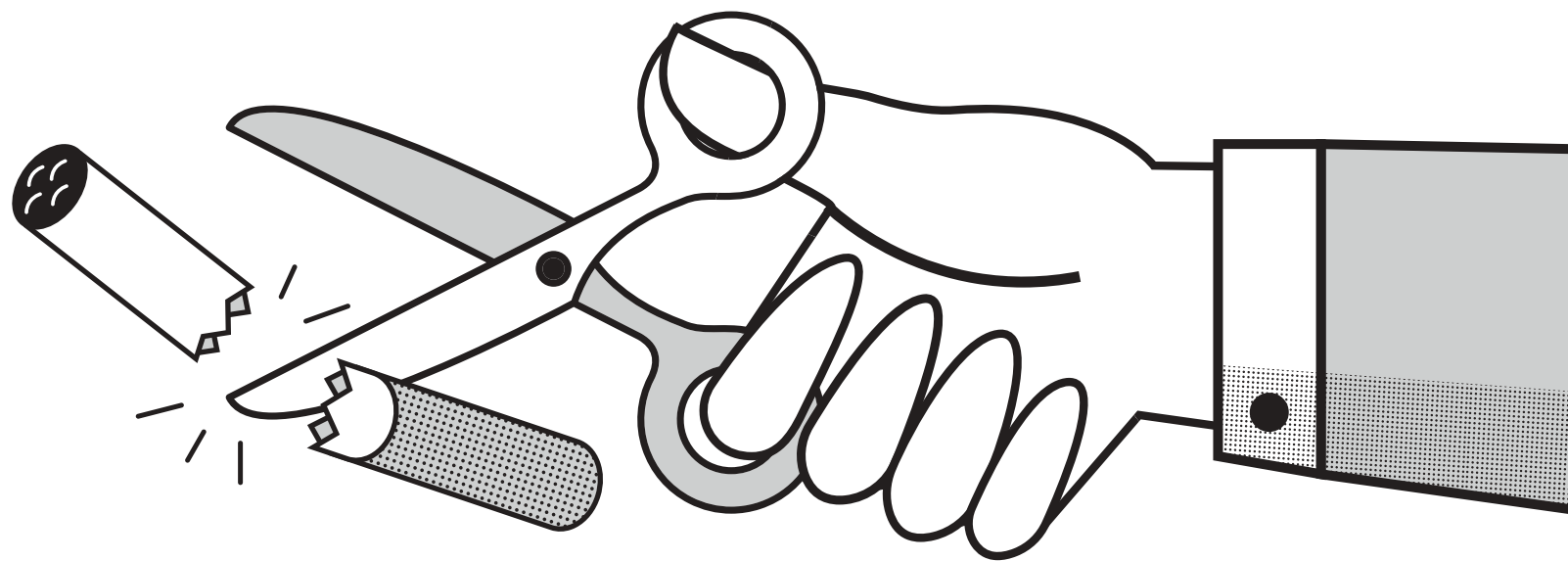
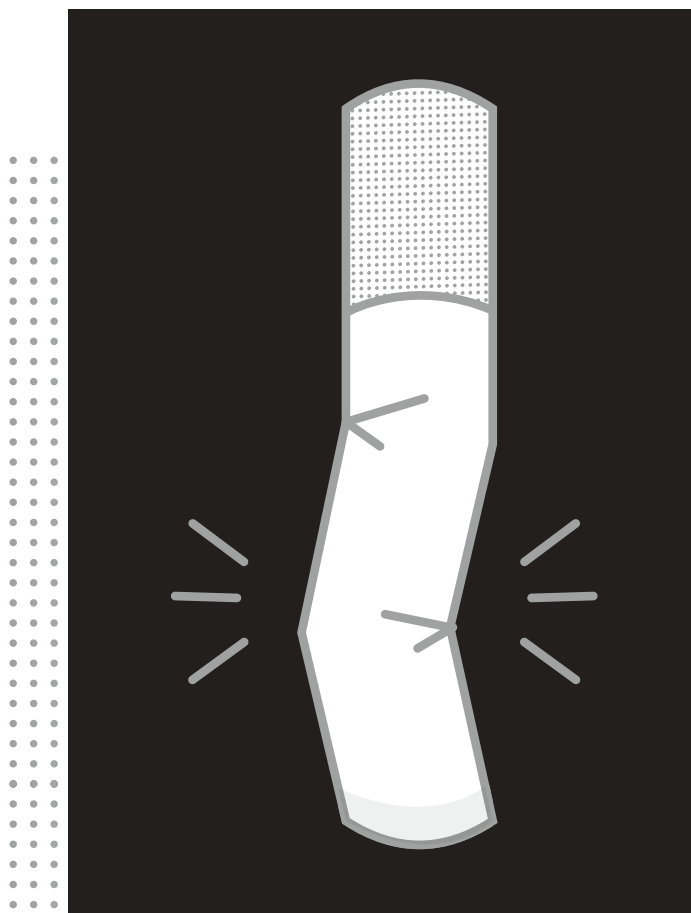
What do **triggers** have to do with quitting tobacco?

Certain places and situations can trigger the urge to smoke, vape, dip or chew.

QuitlineNC can help you recognize your triggers and create a plan to deal with them - making quitting easier.

Try it out

\$0 out of pocket, included in your benefits through QuitlineNC



What you get with QuitlineNC:



24/7 Quit Team Support

Map out a plan with your Quit Team and get expert advice anytime you meet a hurdle.



Motivational resources:

Unlock exclusive online content to keep you inspired and accountable.



Patches and gum:

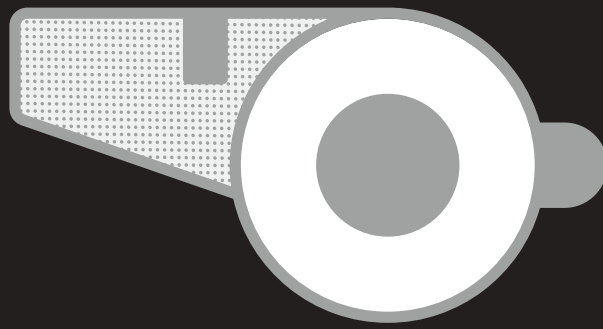
Receive guidance on the use of nicotine replacement therapy to help increase your chances of quitting.



Long-term success:

Overcome your cravings for good with ongoing coach support after you quit.

Enroll now



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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