

VERMONT CESSATION PROGRAMS

Quit Help By Phone

In-Person Quit Help

Online Quit Help

HOW TO ACCESS OR REFER

Call to refer patients:
1-800-QUIT-NOW
 (1-800-784-8669)
 or fax referral form

Refer patients to a Quit Partner at **802quits.org** or use a fax referral form

Register and enroll at:
802quits.org

PROGRAM DETAILS

Over the phone cessation counseling with a trained health coach. Text messaging and incentivized pregnancy support available.

Community or hospital-based cessation classes facilitated by Vermont Quit Partners. Onsite group cessation classes at worksites or in the community available upon request.

Online cessation information and quit progress tracking tools. Free text messaging and peer support.

PROGRAM SUPPORT

5 calls per enrollment including free text message support (standard message and data rates apply).

4-6 classes per session. One-to-one counseling is available in some communities.

Unlimited access to online cessation information and tools, including free text message support (standard message and data rates apply).

AMOUNT OF NRT AVAILABLE (per 365 days)

Two types used together: patches AND gum or lozenges

8 weeks

8 weeks

Not Available

One type: patches or gum or lozenges

16 weeks

16 weeks

2 weeks



**YOU CAN QUIT.
WE CAN HELP.**