

Other Resources



Web Resources

Free access to an online community with resources to help quit and stay tobacco free. Visit our website at: ProjectFilter.org.



eCoach

Free program offered through the Idaho QuitLine that sends personalized text or e-mail messages to help with a quit attempt.

Register for eCoach at ProjectFilter.org or call **1-800-QUIT NOW**



Language Services

- Coaching in English and Spanish immediately available
- Coaching calls are also available in 150 different languages upon request

The Idaho QuitLine is open 24/7, except on Thanksgiving, Christmas, and Independence Day.

The Idaho QuitLine will provide personal information only to healthcare providers.

If any issues are experienced during a quit attempt or expected services are not received, please e-mail

ProjectFilter@dhw.idaho.gov or call **1-844-574-5350**

Reference:

Optum Report for Idaho Tobacco Prevention and Cessation Agency: Idaho QuitLine and Project Filter Quit Rate and Satisfaction Table Report. Year 3 2015-2016.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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THE IDAHO QUITLINE



The Idaho QuitLine is a free service available to all Idahoans.

1. Quit at your own pace
2. Conquer urges to use tobacco
3. Use medications so they really work
4. Don't just quit, be tobacco free



Nicotine Replacement Therapy (NRT)

NRT contains low amounts of nicotine, but **NO** tobacco. The products help cut down on cravings for nicotine. They also help ease the symptoms of nicotine withdrawal.

Participants are able to receive **FREE** NRT from the Idaho QuitLine if they are at least 18 years of age* and are medically eligible. Individuals must participate in at least two calls to receive a second supply of NRT.

Participants who are **PREGNANT** must get a doctor's signed approval to receive NRT and are eligible for the Idaho QuitLine's pregnancy program.

Youth ages 13 and over all eligible for **FREE** quit coaching with the Idaho QuitLine's youth program - My Life My Quit.



A referral from a healthcare provider increases successful quit attempts.



Number of Idahoans in 2015 who Project Filter helped make or assist with a quit attempt.



Quit success rates are higher for those who use Nicotine Replacement Therapy (NRT) in their quit attempt.



The amount an Idahoan will spend on cigarettes over a 10 year period.

Services to Expect

The Idaho QuitLine will attempt to reach out within 48 hours. On the third attempt without success, they will leave a message encouraging a return call.

Talking to a Quit Coach does not mean a quit attempt has to take place immediately; a successful quit attempt takes time and Quit Coaches understand that.



During the first call, the Quit Coach will:

- Discuss the program and its benefits
- Develop a personalized and flexible quit plan
- Send a two week supply of NRT in the form of patches, lozenges, or gum
- Discuss NRT dosage information
- Discuss potential NRT side-effects

During the second call, the Quit Coach will:

- Discuss progress and challenges
- Review NRT effectiveness
- Send an additional supply of NRT, if requested

While the QuitLine will initiate up to five calls, participants are welcome to contact their Quit Coach as often as needed.

WWW.MYLIFEMYQUIT.COM