

THE IDAHO QUITLINE



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



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.

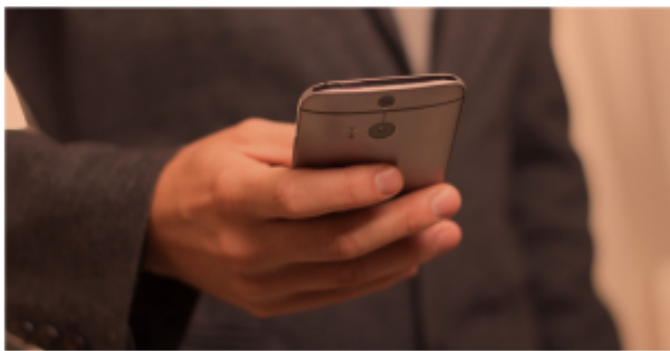


The amount an Idahoan will spend on cigarettes over a 10 year period.

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 four 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

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



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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