

Helping People Quit Commercial Tobacco

Many people who use commercial tobacco want to quit. The good news is: free help is available to all Kansans. People who use phone coaching and quit medications are twice as likely to successfully quit.

If you are working with someone who is interested in quitting smoking, chewing tobacco or e-cigarettes, there are free supports available that you can assist them in accessing. **The Kansas Tobacco Quitline is available 24 hours a day, 7 days a week, online and by phone at KSquit.org or 1-800-QUIT-NOW.**

KanCare Tobacco Cessation Benefits

- Health plans from Aetna, Sunflower and United Healthcare now offer no copay tobacco cessation medications.
- Cessation medications include: nicotine patch, gum, lozenge, inhaler, nasal spray Chantix or Zyban.
- Members can try one of these medications up to four times per year.
- Members have access to ongoing cessation counseling services with no annual or lifetime caps.

Pregnancy & Post-Partum Quit Program

- \$30 Mastercard gift card mailed to the Quitline enrollee's home after each coaching call completed- *Limited time only!*
- Up to 5 coaching calls during pregnancy and 4 coaching calls post-partum.
- Resources designed specifically to help pregnant moms quit.

Kansas Tobacco Cessation Help (KaTCH) Online Training

- Providers and other professionals can access this free, self-directed online training.
- Accredited for 2 hours medical CME, nursing CNE and pharmacy CPE.
- 8 learning modules, each ranging from 15-30 minutes.
- Modules include information on vaping, teen tobacco use and Quitline counseling call samples.
- QuitLogixEducation.org/kansas

My Life, My Quit™ for Ages 13-17

- Program to help Kansans ages 13-17 quit tobacco and nicotine, including vaping products.
- Free, confidential and provides developmentally appropriate education.
- Call or text 855-891-9989 to enroll or visit ks.mylifemyquit.org.

American Indian Quitline

- Available for any Kansas resident who identifies as American Indian.
- Connect with a dedicated team of American Indian coaches who understand culture and respect traditions.
- In addition to up to 10 one-on-one coaching sessions, the program offers email and text support and educational materials.
- Call 855-524-7848 (855-5AI-QUIT) or visit aiquitline.com.

Behavioral Health Program

- Program offers specialized support for people living with substance use disorder or mental illness, such as: alcohol or substance use disorder, anxiety, bipolar disorder, depression, post-traumatic stress disorder (PTSD) or schizophrenia.
- Connect with coaches who can help enrollees understand their tobacco use in connection to their mood, thoughts, and behaviors and help develop a personalized quit plan.
- Up to 7 one-on-one coaching sessions.

All enrollees may be eligible for up to four weeks of FREE Nicotine Replacement Therapy. Enrollees must call the Quitline at 1-800-QUIT-NOW to find out if they are eligible for this limited time offer.

Print materials to promote the Quitline can be ordered from the Kansas Department of Health and Environment and shipped to organizations at no cost. For more information about the Quitline and to place an order for tobacco-free signage, visit kdhe.ks.gov/1068.