

# Quitting Smoking

## Smokers' Helpline: 1-800-QUIT-NOW (1-800-784-8669)

This national smokers' helpline directs callers to the appropriate state program based on the caller's area code.

## Massachusetts QuitWorks Program

All Massachusetts residents are eligible for QuitWorks, regardless of income or insurance status. This is a **free information and counseling program**. A referral form from your health care provider is required to be screened for nicotine replacement therapy.

**When a referral form from your health care provider has been received**, all services are free and confidential:

1. **First contact:** A quit coach will contact you to complete a 10-15 minute intake assessment. Quit coaches will call up to five times, leaving messages on the first and third attempts.
2. **Information:** You will receive free educational materials in the mail. You may also want to access other resources for additional support (see "online resources" below).
3. **Counseling:** Up to 5 phone appointments may be made between you and the quit coach. Phone calls typically take place on a weekly basis. Discussions include getting through the quitting process, managing withdrawal symptoms, and staying smoke free after quitting.
4. **Screening for medication:** You will be screened and may be eligible for two weeks of free Nicotine Replacement Therapy (NRT). However, the availability of Nicotine Replacement Therapy is dependent on state funds and may change from year to year.
5. **Follow-up:** A follow-up evaluation call will be held at six months.

## Insurance Coverage and Employee Benefits

Each of the Massachusetts state health insurance plans offers coverage for quit-smoking medication and counseling. Private health insurance plans, including HMOs, also offer smoking-cessation benefits and assistance. Be sure to contact your individual insurance plan for coverage options.

Many employers offer quit-smoking benefits, usually at no cost. This may be in addition to benefits covered by your insurance company. Employers vary in what they provide, but typically your Human Resources department should be able to answer questions about what support is available. Check with your employer to find out what services are covered.

## Online Resources

- Excellent resources, tips, and apps to help you quit and stay smoke-free:  
**[www.smokefree.gov](http://www.smokefree.gov)**
- Massachusetts Department of Public Health tobacco-cessation program:  
**[www.makesmokinghistory.org](http://www.makesmokinghistory.org)**
- American Society of Clinical Oncology (*Resources to Help You Quit* offers great programs and apps):  
Visit **[www.cancer.net](http://www.cancer.net)** and enter "**stopping tobacco after cancer**" in the search box

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