

HEALTH TIPS

Quitting Smoking

There are resources for people that want to stop cigarettes, vaping, chew, or other types of tobacco.



Resources

Health First Colorado (Colorado's Medicaid Program) members have benefits to quit smoking. The CO QuitLine benefit is for members 12 years of age and older.

Here are 3 steps to get started:

1. Talk with a Primary Care Medical Provider (PCMP), behavioral health provider, or care coordinator.
2. Ask about stop smoking medications, like nicotine patches or gum, and get a referral for support (for members 18 years and older). These medications are free and have no co-pay.
3. Sign up for the Colorado QuitLine for free medication and support.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Colorado QuitLine

What it offers:

- Up to 8 weeks of NRT, for 2 quit attempts per year.
- An online program, including e-coaching.
- Up to 5 coaching calls to discuss challenges.
- Support via text and email.
- Incentives are offered to phone participants who are Medicaid recipients. Participants who complete three coaching calls receive \$50.

Phone and online support are available 24/7.

Pregnant & Teen Members

Pregnant members can use the CO QuitLine or enroll in a Prenatal Plus program.

Teens 12-17 years of age can use a QuitLine service focused on youth. Text "Start my Quit" to 36072. You can also to go: co.mylifemyquit.org.

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.