

Improve your success in quitting tobacco with 802Quits

Get Help Quitting

Earn up to \$250 in rewards!

Some conditions apply.

Phone



1-800-QUIT-NOW

One-on-one coaching

(for age 18 and older)

FREE

Coaches 24/7
Email and text support

Free Quit Medications
Annually, 18 and older

16 weeks of patches or
gum or lozenges

OR

8 weeks of patches AND
gum or lozenges

*Ordered by
your coach*

Online



802quits.org

You navigate your quitting

(for age 18 and older)

FREE

Quit your way with online
tools and resources
like chat rooms and
text support

Free Quit Medications
Annually, 18 and older

4 weeks of patches or
gum or lozenges

OR

2 weeks of patches AND
gum or lozenges

You order online

Text



eCoaching

From your mobile phone

(for age 18 and older)

FREE

Available with program
enrollment by phone
or online

Free Quit Medications
Annually, 18 and older

Up to 16 weeks of patches
or gum or lozenges

OR

Up to 8 weeks of patches
AND gum or lozenges

*Ordered by you or
your coach*

Find the path
that's right for you.



**YOU CAN QUIT.
WE CAN HELP.**

VERMONT DEPARTMENT OF HEALTH
1-800-QUIT-NOW | 802quits.org