

802Quits Program Descriptions



802Quits is Vermont's trusted source for evidence-based tobacco treatment, accessible by phone, online or text. Support is free to all residents age 13 and older.

The Vermont Quitline (Quit By Phone):

- **1-800-QUIT-NOW or 1-800-784-8669; TTY 888-229-2182**
- Trained over-the-phone health coaches talk tobacco users through their quit journey, doubling the chances for a successful quit.
- All coaches are trained in Motivational Interviewing and the Stages of Change theory, two proven tools to help aid in quit attempts.
- Coaches are trained to help people quit all forms of tobacco use, including e-cigarettes and dip.
- Upon initial contact, an expert coach will ask the client general demographic and medical data to set up a plan that works best for them. Subsequent coaching calls will be set at the client's convenience.
- All calls from the Vermont Quitline come from a 1-800 number.
- Sign up to receive text message reminders to aid in each quit attempt (standard message and data rates may apply).
- **Total of 8 weeks each of short- and long-acting nicotine replacement therapy (NRT) per 365 days. Use of short-acting (gum or lozenge) with long-acting NRT (patch) is recommended.**
- **Youth 13 - 17 can use the Quitline but are not able to receive NRT. Talk to your pediatrician about prescription NRT.**

Pregnancy Protocol (Quit by Phone and Text):

- 9 calls with a personal coach.
- Text messaging support available.
- Tailored coaching calls for pregnant Vermonters who use tobacco, with added incentives for completing calls.
 - \$20 for every completed call during pregnancy (up to \$100).
 - \$30 for every completed post-partum call (up to \$120).
- Participants will work with a designated trained coach for all scheduled calls.
- **8 weeks each of short- and long-acting NRT *with MD consent* per 365 days.**
- **16 additional weeks of short- and long-acting NRT after giving birth and completing post-partum coaching calls. *Requires new MD consent if nursing.***

American Indian Protocol (Quit by Phone or Online):

- 10 coaching calls with dedicated American Indian coaches.
- Focus on distinction between commercial and traditional tobacco use (i.e., Only set quit date for commercial use).
- **Total of 8 weeks each of short- and long-acting nicotine replacement therapy (NRT) per 365 days.**
- To connect a patient with the American Indian Commercial Tobacco Program please call or visit: 1-855-372-0037 or <https://vt-americanindian.quitlogix.org/index>

Behavioral Health Protocol (Quit by Phone or Online):

- Tailored coaching calls for callers with behavioral health conditions, with specifically trained coaches.
- More follow-up contact and support offered from the quit coaches.
- **Total of 8 weeks each of short- and long-acting nicotine replacement therapy (NRT) per 365 days.**

Medicaid/Uninsured Members (Quit by Phone or Online):

- 4 sessions of 802Quits individual, group and phone counseling.
- Customized quit plan.
- Added incentive for completing calls (up to \$150).
 - \$20 for the first three completed calls.
 - \$30 for the final three completed calls.
- Medicaid benefits independent of 802Quits include:
 - 16 face-to-face tobacco cessation counseling sessions per year with an authorized health care professional.
 - All 7 FDA-approved tobacco cessation medications, including 24 weeks of Chantix® or Zyban®.
 - **Unlimited preferred brands of patches and gum or lozenges, or up to 16 weeks of non-preferred brands, at no cost to member (with a prescription).**
 - 2 quit attempts per year.
 - No prior authorization for preferred treatments.
 - No co-pay.

The Vermont Quit Partners (Quit In Person—Quit Online Virtual Workshop):

- Group quit classes held in each health service area in the state by accredited counselors.
- Hospital or community-based group classes.
- **Total of 8 weeks each of short- and long-acting NRT per 365 days.**
- To connect a patient with a Quit Partner in their area, visit: <https://802quits.org/home/i-want-to-quit/get-help-quitting/find-a-vermont-quit-partner/>

Quit Online (Quit by Web):

- 802quits.org and <https://vermont.quitlogix.org/en-US/Enroll-Now>
- Customized quit plan.
- Provides accessible and timely online cessation information and quit progress tracking tools.
- Unlimited online access.
- Sign up to receive text message reminders to aid in each quit attempt (standard message and data rates may apply).
- **2 weeks each of short- and long-acting nicotine replacement therapy (NRT) per 365 days.**

My Life, My Quit (Quit by Text and Online):

- Text “Start My Quit” to 36072, call a dedicated toll-free number (1-855-891-9989) for real-time coaching or visit mylifemyquit.com for online enrollment, to chat with a live coach, or get information about vaping and tobacco, including activities to support quitting.
- Youth and young adults, 13-17 years of age.
- Youth coaches who receive special training on the best ways to build relationships with youth.
- Simplified program registration and enrollment process to get to coaching faster.
- 5 coaching sessions by phone, live texting or chat with a coach who will listen and help teens navigate social situations while finding healthy ways to cope with stress.
- Added incentive for completing coaching sessions: My Life, My Quit branded swag after the 1st, 3rd and 5th sessions.
- Additional text messages for support to quit vaping, smoking or chewing tobacco.
- Promotional and educational materials designed for youth with messages from youth about quitting tobacco and vaping, and how to ask for support.

Menthol Tobacco Protocol (Quit by Phone or Online):

- 5 sessions of 802Quits individual, group or phone counseling.
- Customized quit plan.
- Added incentive for completing calls (up to \$50).
 - \$10 for the first completed call.
 - \$20 for the third completed call.
 - \$30 for the third completed call.