

Enrollment in Quitline Iowa now offers eight weeks of free NRT

The Iowa Department of Public Health (IDPH) is announcing an expansion of the free nicotine replacement program launched earlier this year for Iowans who enroll in Quitline Iowa. Beginning October 23, any participant who enrolls in the no-cost program could be eligible for twice as much nicotine replacement therapy - eight weeks instead of four weeks.

“We believe this change offers Iowans who need help quitting smoking or using smokeless tobacco a greater incentive to enroll in Quitline Iowa,” said IDPH Director, Dr. Mariannette Miller-Meeks. “The longer an individual has access to NRT, the more likely they are to stay tobacco free. It’s hoped that by expanding access to nicotine replacement patches, lozenges or gum, those struggling with withdrawal symptoms will be more likely to succeed in quitting for good.”

Iowans can take advantage of the program by calling 1-800-QUIT-NOW (1-800-784-8669), or visiting www.quitnow.net/iowa to enroll. The program offers access to a trained Quit Coach® who will help develop a quitting plan and determine which NRT offering is best for each individual. Services include:

- Preparing participants for their quit date
- Helping develop an individualized Quitting Plan
- Providing tips and support to live in a smoke-free environment
- Offering advice and information on medications that may help with withdrawal symptoms

Registration specialists and Quit Coaches® are available 24 hours a day.

