

NDQuits reduces the harms of nicotine addiction by helping North Dakotans quit

NDQuits is North Dakota’s **quitline**. Anyone in North Dakota can call NDQuits (1-800-QUIT-NOW) or sign up online to receive **free quit support**, including phone counseling; NRT (nicotine patches, gum, or lozenges); and other resources.












The U.S. Surgeon General reported, “Since the 1990s, a large body of clinical literature has **consistently demonstrated the effectiveness of tobacco quitlines**.”* For example:

- Participating in multiple sessions of phone counseling **makes you 1.4 times more likely to quit**
- Combining counseling with NRT (as you can in NDQuits) is the “**gold standard**” in smoking cessation

* Office of the Surgeon General: <https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>

More about NDQuits’ free services

	 Phone	 Web
 Enrollment	<ul style="list-style-type: none"> • Enroll by calling 1-800-QUIT-NOW • Eligible to re-enroll every 60 days after last contact 	<ul style="list-style-type: none"> • Enroll at ndhealth.gov/ndquits • Lifetime enrollment
 Counseling calls	5+ calls with North Dakota quit coaches	 <i>Can be accessed by adding the Phone program</i>
 Web portal	 <i>Can be accessed by adding the Web program</i>	Online access to quit resources
 NRT benefits (nicotine replacement therapy)* <i>Individuals insured by North Dakota Medicaid may be eligible for additional NRT</i>	<i>If you do not have insurance or your insurance does not cover NRT:</i>	
	Up to eight weeks of patches, gum, or lozenges, or combination NRT (patches and gum or lozenges) twice a year	Up to eight weeks of patches, gum, or lozenges twice a year
 Available add-ons	<ul style="list-style-type: none"> • Printed quit guide • Emails • Texts 	<ul style="list-style-type: none"> • Online quit guide • Emails • Texts