



1-800-QUIT-NOW  
QuitlineNC.com

- **Live Vape Free – Youth Vaping Program**
  - Youth will enroll via text (Text2Enroll) VAPEFREENC
  - Enrolled in a multimedia experience that includes videos, quizzes, self-assessments, flip cards, audio and podcasts.
  - Have access to a Quit Coach at any time by texting the word “Coach”
- **Live Vape Free – Online Course for Concerned Adults**
  - Support Adults when:
    - Want to have a proactive discussion with youth prior to the youth vaping
    - Suspecting youth may be vaping, but not sure what to do
    - Found a vaping device and not sure how to start the conversation
    - Smart progress, self-assessments, and recommended content for learning options and programs
    - Self-paced learning at the comfort and convenience of home
    - Easy mobile access from any device
- **Adolescent Program**
  - Five calls
  - Same coach through all calls
  - Coaches specially trained to work with adolescents
- **Pregnancy Program**
  - Coaching will focus on the woman and not just quitting because pregnant
  - 10 coaching sessions
  - 7 calls 60-90 days from sign up
  - 1 call 30 days prior to due date
  - 2 calls after baby is born (15 days & 45 days)
  - You do not have to be ready to quit
- **Active Duty Military**
  - 1-800-QUIT-NOW
  - 4 calls
  - Texting
  - Web Program
  - Tricare cessation program benefits: 1-888-713-4598
- **Veteran’s Quitline – Quit VET**
  - 1-855-QUIT-VET
  - Tricare cessation program benefits: 1-888-713-4598
- **American Indian Commercial Tobacco Cessation Program**
  - 1-888-7AI-QUIT
  - 7 calls
  - 12 weeks combination NRT
  - American Indian Coach from NC priority
- **Asian Smoker Quitline**
  - 1-800-838-8917 (Cantonese and Mandarin)
  - 1-800-556-5564 (Korean)
  - 1-800-778-8440 (Vietnamese)
- **Behavioral Health Program**
  - 7 calls
  - 12 weeks combination NRT
  - Letter to Behavioral Health Care provider
  - Team of dedicated coaches