

## Smoking Cessation

Nebraska Total Care cares about you and your family's health. One of the best ways to improve your health and wellness is to stop smoking and/or tobacco use.

*Are you ready to make the change?*

### **You can get help to quit.**

- Call the Nebraska Tobacco-Free Quitline at:
  - English: 1-800-QUIT-NOW (784-8669)
  - Spanish: 1-855-DÉJELO-YA (335-3569)
  - TTY/TDD: 877-777-6534
- Get online coaching at [www.QuitNow.net/nebraska](http://www.QuitNow.net/nebraska).
- Use the resources on the Nebraska Tobacco-Free website at [http://dhhs.ne.gov/publichealth/Pages/tfn\\_ces.aspx](http://dhhs.ne.gov/publichealth/Pages/tfn_ces.aspx).

### **Some services are covered by Medicaid.**

- You can have up to two tobacco cessation sessions in 12 months.
- Each session is 90 days of medication and four tobacco cessation counseling visits.
- You can use the Quitline as much as you need to. There is no limit.
  - You can call the line directly or get a referral from your medical provider.

### **Some medications are covered to help with smoking cessation.**

These include:

- Nicotine Transdermal Patches
- Nicotine Gum
- Nicotine Lozenge
- Nicotine Inhaler
- Nicotine NS Spray
- Bupropion (Zyban)
- Varenicline (Chantix)

### **To be eligible for Medicaid to cover the medication you must:**

- Be at least 18 years of age.
- You and your provider must complete the [Nebraska Tobacco Quitline Fax Referral Form](#).
- Enroll and actively participate in the Nebraska Tobacco Free Quitline.
- Complete the intake and first counseling session with the Quitline Coach.

- Visit your provider:
  - You must be checked to make sure side effects from the medications won't put you at risk.
  - You will need a prescription for the medications.
  - You can talk to your provider about this during another office visit. Or, you can schedule a visit just to talk about smoking cessation.

Contact Nebraska Total Care for additional information. Our phone number is 1-844-385-2192 (TTY/TDD: 844-307-0342, Relay 711). Visit our website at [NebraskaTotalCare.com](http://NebraskaTotalCare.com).

**Additional Tobacco / Smoking Cessation Resources:**

[American Lung Association](#)  
[Centers for Disease Control and Prevention \(CDC\)](#)  
[U.S. Department of Health and Human Services](#)  
[Smokefree.gov](http://Smokefree.gov)