



NEW ENHANCED QUITPLAN® SERVICES

Enhanced QUITPLAN Helpline Services for People with Mental Illnesses and/or Substance Use Disorders

QUITPLAN Services recognizes that individuals with a history of mental illness and/or substance use disorders smoke at higher rates than the general population, smoke more cigarettes per day, and may be at greater risk of negative health effects as a result. To address these concerns, on November 1, 2017, QUITPLAN Services began offering a new treatment approach for participants who report one or more mental health conditions. With this new service offering, we hope to help QUITPLAN Helpline participants successfully quit and experience improved health outcomes.

Enhanced Services

Compared to five coaching calls and four weeks of nicotine replacement therapy (NRT), gum, patches or lozenges, available through the standard QUITPLAN Helpline program, the enhanced services will offer:

- 7 coaching calls to provide additional support during all phases of quitting.
- 12-week regimen of combination NRT*
- Communication with the participant's health care provider with tips for the provider to help support the participant in quitting.
- A team of specially trained coaches.

*NRT is available for those ages 18 and over.

The QUITPLAN Helpline (telephone counseling) is available to uninsured and underinsured Minnesotans.

For more information, contact Randi Lachter, Senior Cessation Manager, ClearWay Minnesota at rlachter@gmail.com