What to Expect

Frequently Asked Questions about the Nebraska Tobacco Quitline Process

What happens when I call the Quitline for the first time?

You will be asked some basic demographic questions that are asked of everyone who calls the Quitline for the first time. (All information is kept confidential.) During the call, you'll be given a choice of one or more of the following services:

- Telephone coaching
- Self-help materials
- Referrals to community programs

How much will it cost?

Services are free of charge to all Nebraskans aged 16 and older.

How many coaching sessions will I get?

You can receive up to five. The sessions are generally scheduled as follows:

Session 1	Session 2	Session 3	Session 4	Session 5
Includes registration, completing, or at least scheduling, your first coaching session, and establishing a quit date.	1–2 days after the quit date.	Approximately 1 week after the quit date.	2–3 weeks after the third session.	2–3 weeks after the fourth session.

The timing and length of each call can be adjusted to fit your schedule.

What about medications to help me quit?

Individuals enrolled in Nebraska's Medicaid program are eligible for the coverage of nicotine replacement medications with a co-pay typically less than $10. Covered medications include: buproprion (Zyban), varenicline (Chantix), nicotine gum, nicotine inhaler, nicotine lozenges, nicotine nasal spray, and nicotine patches. To receive medication coverage, Medicaid recipients must also enroll and actively participate in the Quitline coaching services. Check with your health care provider to get started. Individuals with private insurance are subject to the provision of his/her individual coverage.

I don't smoke, but I do use other tobacco products. Can the Quitline help me, too?

Yes! Many of the same strategies that are used to successfully quit smoking can also be used to quit chew, e-cigarettes, pipes, cigars, or any other tobacco product.

What if I'm pregnant?

Quit coaches are specially trained on the specific needs of pregnant women. However, it's important that you speak with your doctor before taking any medications—including nicotine gum, lozenges, or patches.

What are the Quitline hours?

All calls are answered live 24/7. Quit coaches are available 24/7 as well.

Are services available in languages other than English?

Coaching is offered in English and Spanish. More than 170 languages are available through Interpretative Services.

How about services for the hearing impaired?

Quit coaches are fluent in American Sign Language. Coaching sessions can be conducted in ASL using video relay, video-to-video, and TTY.

I'd rather receive coaching online. Are there any options for me?

Yes! After enrolling (by phone or at QuitNow.ne.gov), you will be sent a welcome message and log in information/instructions for accessing the Web Coach program. Web Coach offers e-learning tools, social support, and information about quitting. You can also interact with other participants or with quit coaches. A QuitNow mobile app is also available at **QuitNow.ne.gov** under Tools for Quitting.

Get started today. *Call or go online.*

QuitNow.ne.gov | 1-800-QUIT-NOW (784-8669)

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NEBRASKA TOBACCO QUITLINE

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