



## Overview

Quit Partner is Minnesota's new family of free quit-tobacco programs for Minnesota residents who want to quit smoking, vaping, chewing or using other commercial tobacco products. We offer many free support options and resources so people can quit in a way that works best for them, including personalized coaching, email and text support, educational materials, and quit medication (nicotine patches, gum or lozenges) delivered by mail. People can use as many of the support resources as they would like and can access them from anywhere.

Quit Partner began accepting enrollees on April 1, 2020, online and via phone through [www.QuitPartnerMN.com](http://www.QuitPartnerMN.com) and 1-800-QUIT-NOW. Free quitting help for Minnesotans was previously offered by QUITPLAN Services®, which was established in 2001 for 20 years as a part of Big Tobacco's legal settlement in Minnesota and stopped accepting new enrollees on March 31, 2020.

Quit Partner is administered by the Minnesota Department of Health, with quitline programs provided by National Jewish Health, the nation's leading respiratory hospital and largest, non-profit provider of quitline programs.

Quit Partner has specialized programs for people living with mental illnesses or substance use disorders, American Indian communities, pregnant and post-partum women, and youth ages 13-17.

More information is available on [www.QuitPartnerMN.com](http://www.QuitPartnerMN.com).

## Support offerings:

- Coaching over the phone or online
- Text messaging
- Email support
- Free quit medication — nicotine patches, gum or lozenges — for those 18 and up.

## American Indian Quitline

An American Indian Quitline is available for any participants that identify as American Indian or Alaska Native. The quitline has American Indian quit coaches and offers personalized coaching, email and text support, educational materials, and quit medication (nicotine patches, gum or lozenges) delivered by mail.

For more information, visit [www.aiquit.com](http://www.aiquit.com) or call 1-833-9AI-QUIT (1-833-924-7848).

## For Minnesota Youth: My Life, My Quit™

My Life, My Quit™ is a new program to help Minnesota youth ages 13-17 quit commercial tobacco and nicotine, including the use of e-cigarettes and vapes. Youth can text to chat with a quitting coach, engage in coaching calls and online chat, and receive youth-specific materials.

For more information, visit [www.MyLifeMyQuit.com](http://www.MyLifeMyQuit.com) or call 1-855-891-9989.

## Contact Information

Website: [www.QuitPartnerMN.com](http://www.QuitPartnerMN.com)

Facebook: [www.facebook.com/quitpartner](http://www.facebook.com/quitpartner)

Phone Number: 1-800-QUIT-NOW

Spanish Phone Number: 1-855-DEJELO-YA

My Life, My Quit™ for Minnesota Youth: 1-855-891-9989

American Indian Quitline: 1-833-9AI-QUIT

# FAQ

## General

**What support is available?** Support is available for individuals who are trying to quit using commercial tobacco products, including cigarettes, chew/dip and e-cigarettes/vapes. The free support includes personalized coaching, email and text support, educational materials, and quit medication (nicotine patches, gum or lozenges) delivered by mail. Specialized programs are available for pregnant and post-partum women, people living with mental illnesses and/or substance use disorders, American Indian communities and youth.

**What are hours of operation?** Support is available 24/7.

**Are starter kits of nicotine replacement therapy (NRT) available?** Yes, two-week starter kits are available to those ages 18 and over, limited to two kits per year per participant.

**How long does it take to receive nicotine replacement therapy (NRT)?** On average, participants receive NRT within 2-3 business days of requesting it.

**What support is available through web enrollment?** The support available through web enrollment are the same as through phone enrollment. Individuals can access nicotine replacement therapy (NRT), coaching, and information resources through the web, and they have the ability to opt in to texting and email.

## American Indian Quitline

**Is the American Indian Quitline phone number changing?** Yes. The new number is 1-833-9AI-QUIT (1-833-924-7848).

**What happens if someone calls the previous American Indian Quitline phone number?** Starting April 1, 2020, anyone who calls the old AI Quitline number (1-888-7AI-QUIT or 1-888-724-7848) will be transferred to an intake specialist at the new program.

**What is the website for the American Indian Quitline?** The website is still [www.aiquit.com](http://www.aiquit.com).

## New program for Minnesota Youth: My Life, My Quit™

**What support will be available to youth through My Life, My Quit™?** My Life, My Quit™ offers up to 5 coaching sessions through text to chat, online chat, and phone calls, as well as youth-specific materials.

**What ages can use My Life, My Quit™?** My Life, My Quit™ is available to youth ages 13-17. Resources are available at [www.mylifemyquit.com](http://www.mylifemyquit.com) for parents/guardians, educators, healthcare professionals, and community organizations serving youth of all ages.

**Can youth under the age of 18 get nicotine replacement therapy (NRT)?** No.

**What is the phone number for My Life, My Quit™?** The phone number is 1-855-891-9989.

**What is the website for My Life, My Quit™?** The website is [www.mylifemyquit.com](http://www.mylifemyquit.com).

## Quitline phone numbers

**Is the quitline phone number changing?** Yes, starting April 1, 2020 the number is 1-800-QUIT-NOW. The Spanish number is 1-855-DEJELO-YA.

**What will happen if someone calls the current QUITPLAN Services number?**

- Anyone who is enrolled in QUITPLAN Services before April 1, 2020 will be able to continue and complete their services with QUITPLAN Services.
- Starting April 1, 2020, any new person who calls the QUITPLAN Services number (1-888-354-PLAN (7526)) will be transferred to Quit Partner so they can easily enroll in the new programs.

**Is the quitline (TTY) accessible?** Yes, through the number 1-877-777-6534.

**Who is providing the new Quit Partner programs?** Minnesota Department of Health is contracting with National Jewish Health to provide all cessation programs.

**Are calls available in other languages?** If an individual prefers to use the national Asian Smokers' Quitline, available in Korean, Cantonese, Mandarin, or Vietnamese, they will be transferred. National Jewish Health uses LanguageLine Solutions, which connects Quit Partner coaches and enrollees with an interpreter through three-way phone calls. LanguageLine provides interpretation for over 200 languages, including Hmong.

## Promotion of the new services

**What do we do with materials that promote the QUITPLAN Services number?**

After March 31, recycle QUITPLAN Services promotional materials.

**Will materials be available in different languages?** The Quit Partner website is available in English and Spanish. We will continue to expand resources to include other languages after the launch.

**Are American Indian Quitline promotional materials changing?** The materials look the same, but they have the new phone number (1-833-9AI-QUIT) listed.

## Services for current enrollees

**What happens to people enrolled in services before April 1? Can they still complete the program?** Those who enrolled before April 1 will be able to continue and finish the current QUITPLAN Services program. For example, if they enrolled in telephone counseling through the QUITPLAN Helpline, ordered an NRT starter kit or Quit Guide, or signed up for the text program, they will still receive these services. All QUITPLAN Services for current participants will be completed and end by June 30, 2020.

**Will enrollees in the previous American Indian Quitline be able to complete the program?** Yes, they will be able to continue and finish the current AI Quitline program. The new program launching April 1 will continue providing culturally appropriate support for Minnesota's American Indian communities through an American Indian Quitline.

**Why is QUITPLAN Services closing?** QUITPLAN Services was funded by ClearWay Minnesota, an independent nonprofit organization dedicated to reducing commercial tobacco's harm. The funding for ClearWay Minnesota will be ending in 2021, so all of their programs are closing out. However, free support (phone coaching, NRT, text and email programs) will still be available to all Minnesotans who would like to quit by calling 1-800-QUIT-NOW or visiting [www.QuitPartnerMN.com](http://www.QuitPartnerMN.com) starting April 1.