

North Dakota QuitNet

www.nd.quitnet.com

What is QuitNet?

QuitNet is a comprehensive online service designed to help individual tobacco users through the quitting process. It combines evidence-based methods of treating tobacco addiction with a powerful and effective program that is controlled by you. QuitNet is available to anyone, anytime, anyplace.

What program options are available to me?

- **Comprehensive online support from QuitNet's website** – Get a personal plan for quitting, 24/7/365 support from other quitters all over the world, access to online cessation counselors and much more.
- **QuitTips e-mail messages** – Check in from anywhere to get helpful tips about staying quit and other information to help you quit successfully.
- **FREE quit medications for those who qualify** – Order effective stop-smoking medications online, such as nicotine patches, nicotine chewing gum and nicotine lozenges – for FREE. The medications will be mailed directly to you. (To order medications, you must enroll in the online support program.)

Quitting tobacco is one of the BEST things you can do to improve your health and the health of those around you. With determination, a positive attitude and a little help, you can join a special and ever-growing community of people: ex-tobacco users.

Will QuitNet really help me?

Yes! Currently, only 3 percent of smokers are successful in quitting on their own for a year or longer. Frequent use and active participation in QuitNet will greatly increase your chances of quitting and staying quit.

QuitNet is based on the most recent scientific research, including guidelines issued by the U.S. Surgeon General. QuitNet's look and feel has been designed and updated with the help of actual quitters, just like you.

How do I get started?

1. Go to www.nd.quitnet.com.
2. After you view a description of the services, click "Get Started Now."
3. Proceed through the rest of the registration process.
4. After enrollment, click the "Order Meds" tab to order free medication online.



NORTH DAKOTA
DEPARTMENT of HEALTH

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QUITNET[®]