

Get Help Quitting Tobacco

We'll Help you Quit AND
Help Cover the Costs



If you are a smoker or tobacco user and you want to quit, this program is for you!

The North Dakota Public Employees Retirement System received a grant to help state employees and their dependents who are 18 and older quit smoking or chewing tobacco. The grant pays for approved tobacco cessation counseling, medications, health-care provider visits and co-pays. This program is administered by Sanford Health Plan.

Who is eligible?

All current employees of the state of North Dakota, the North Dakota University system, district health units and Garrison Diversion Conservation District AND their dependents who are 18 and older, who have NDPERS health coverage, are eligible to participate. County, city and other members of the NDPERS group are not eligible through this program; however, smoking cessation funds may be available at the local level.

When can I enroll?

You can enroll anytime between July 1, 2015 and April 30, 2016.

How do I enroll?

1. Contact Sanford Health Plan at (877) 737-7730. Sanford Health Plan will verify your eligibility for this program and will send you a tobacco cessation program ID/debit card to use when you visit your health care provider and purchase medications. Be sure to show this ID card when you visit your health care provider.
2. Enroll in NDQuits (North Dakota's free tobacco cessation service). Visit www.ndhealth.gov/ndquits for more information and to enroll.

NDQuits counselors will provide an initial assessment to determine how ready you are to quit, your smoking or chewing triggers and what type of nicotine replacement therapy (patches, gum or lozenges) and/or prescription medication you may need. If prescription medication is recommended, you will need to visit your doctor. Members interested in face-to-face counseling must contact the North Dakota Department of Health at (866) 280-5512 for pre-approval.

What is paid for?

For every six months, the program pays up to \$700 in expenses, including:

- Up to \$200 for your office visit and co-pays. (If face-to-face counseling is approved, this will be included in the \$200 maximum for office visits.)
- Up to \$500 for the following FDA-approved medications:
 - Over-the-counter: nicotine gum, nicotine patch, nicotine lozenge
 - Prescription: Bupropion, Chantix, nicotine nasal spray and nicotine inhaler

You will need to validate all purchases used with your ID/debit card by sending Sanford Health Plan your itemized receipts for office visit and pharmacy expenses.

Who do I contact if I have questions?

Contact Sanford Health Plan at (877) 737-7730.