

What Is the Hawai'i Tobacco Quitline?

The Hawai'i Tobacco Quitline is a free and confidential tobacco cessation service for Hawai'i tobacco users who want to quit. Services are available over the phone at 1-800-QUIT-NOW or online at www.HawaiiQuitline.org

WHAT THE QUITLINE OFFERS

Option 1: Phone Service

- Experienced phone-based Quit Coaches®
- Up to 3 proactive phone calls from a Quit Coach to a tobacco user
- Unlimited toll-free calls to a Quit Coach
- An easy to follow Quit Guide.
- Interactive online tools to track progress.
- Encouraging text messages to help you stay on track.

Callers with private insurance can receive up to 2 weeks of free nicotine patches, gum, or lozenges.

Callers with Medicaid can receive up to 4 weeks free of nicotine patches, gum, or lozenges.

Callers with no insurance can receive up to 8 weeks of free nicotine patches, gum, or lozenges.

Option 2: Web-Only Program

- Experienced online coaching (with this program, there will be no phone calls from a Quit Coach).
- Online discussion forums with Coaches and other people trying to quit.
- Interactive online tools and quit guide to track progress.
- Encouraging and educational emails and texts to help you stay on track.

All web-only users can receive 2 free weeks of nicotine patches, gum, or lozenges.

www.HawaiiQuitline.org
24 Hours a Day, Seven Days a Week.



Quit Coaches® provide tailored services to **expecting and post-partum moms** who want to quit. Taking a woman-centered approach, Quit Coaches respond to an expectant mother's feelings about her pregnancy and address the health risks of continued smoking to the mother and fetus, emphasizing the health benefits of quitting for both. Pregnant participants receive the Quit Guide *Need Help Putting Out That Cigarette?*, developed by the American College of Obstetricians and Gynecologists and Smoke-Free Families.

How Can I Get Quitline Materials?

All Hawai'i Tobacco Quitline materials, including brochures, wallet cards, and promotional items, are free of charge to groups wishing to promote the Quitline. To order materials, please visit www.HawaiiQuitline.org/community-resources

How Does the Quitline Work?

Here's what the tobacco user can expect when they call the Hawai'i Tobacco Quitline:

REGISTRATION

On the phone, a quick process will help the Quit Coach tailor services to best meet the tobacco user's needs. The caller may be asked about tobacco use and insurance coverage. Web-only participants will answer questions online as part of their registration process.

PHONE COUNSELING

A Quit Coach will talk story with the tobacco user to help them:

- Quit on their own terms, providing support when they need it.
- Gain the skills necessary to control cravings, urges and situations involving tobacco.
- Increase their chances of quitting through the correct use of nicotine substitutes (like the patch).
- If right for them, the Quit Coach can provide them with nicotine patches, gum, or lozenges for free.
- Provide referrals to group counseling resources in their community.
- Avoid having that 'first' cigarette again, once they've stopped using tobacco.
- Provide referrals to health plan cessation benefits.

UNLIMITED ACCESS TO WEB COACH®

Both web and phone participants have access to Web Coach, an interactive, fully-featured online community that offers e-learning tools, social support and information about quitting.

QUIT GUIDES

After the tobacco user calls, easy-to-use printed material will be mailed to them for help in sticking with their quitting plan. The Web-Only program offers online quit guides that can be printed at home.

OTHER SERVICES

The Hawai'i Tobacco Quitline can also help tobacco users who do not speak English as their first language. Currently there are bi-lingual Quit Coaches who speak English and Spanish. Over 100 other languages are served using Language Interpretive Services

Is the Quitline Effective?

Yes! Hawai'i Tobacco Quitline evaluation data shows that people who use the Quitline are up to 13 times more like to quit successfully than when quitting on their own. People who use a combination of counseling and medications have the highest quit rates.

QUIT COACH QUALIFICATIONS

Quit Coaches® have bachelor's degrees in health education, counseling or a related field, are ex-smokers with two years of abstinence or non-smokers, and have previous experience counseling for behavior change. Quit Coaches have gone through intensive cultural competency training and are well prepared to provide culturally-sensitive and culturally-appropriate tobacco treatment services to the residents of Hawai'i.



How Can I Get More Information?

If you would like any more information on the Hawai'i Tobacco Quitline or would like to schedule a presentation for your organization, please e-mail info@hawaiiquitline.org

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