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## **DHH pilot program offers expanded tobacco cessation support for state employees**

Louisiana state employees who want to quit smoking or using tobacco now have a greater likelihood of success, thanks to a Department of Health and Hospitals (DHH) pilot program that offers free expanded cessation coaching through the Louisiana Tobacco Quitline (1-800-QUIT-NOW). State employees qualify for up to five free scheduled coaching sessions with certified quit coaches who work with each caller to develop a personalized quit plan. Participants also have access to web-based services through the Quitline's web coach program at [www.QuitWithUsLA.org](http://www.QuitWithUsLA.org).

For state employees who have health coverage through the Office of Group Benefits, both prescription and over-the-counter tobacco cessation medications may be covered at \$0 co-pay. A written prescription is required, even for products sold over the counter.

The Louisiana Tobacco Quitline is available 24 hours a day, seven days a week, to all Louisiana residents over age 13, but the number of coaching sessions offered may be limited and is based on certain qualifications, such as pregnancy or the type of health coverage.

The Louisiana Tobacco Quitline and [www.QuitWithUsLA.org](http://www.QuitWithUsLA.org) are jointly managed by the Louisiana Tobacco Control Program, which is administered by DHH, and the non-profit Louisiana Campaign for Tobacco-Free Living. The pilot program is made possible through a federal grant from the U.S. Centers for Disease Control and Prevention.

[Click here](#) for more information about the tobacco cessation pilot program for state employees.