NDPERS Tobacco Cessation Program

If you or a family member are a tobacco user and want to quit, this program is for you.

- Program enrollment ends April 30, 2013.
- The program pays 100% of your expenses to a maximum total benefit of $700.
- All current employees of the State of North Dakota, the University System, District Health Units, and Garrison Diversion Conservation District and their dependents age 18 and older, who have NDPERS health coverage are eligible to participate.
- Counseling services provided through the ND Quitline and/or NDQuitnet

You may enroll anytime between July 1, 2011 and April 30, 2013.

The North Dakota Tobacco Quitline and/or North Dakota QuitNet will provide an initial assessment that will determine how ready you are to quit, your smoking or chewing triggers and what cessation medication you may need. If a prescription is recommended, you will need to visit your doctor. In special circumstances, program funding may be used to reimburse North Dakota Department of Health pre-approved group or individual cessation counseling.

The program will pay 100% of your out-of-pocket expenses for your office visit, counseling, prescription and over-the-counter medication up to $500, for a total benefit of $700.

If you choose to enroll in the NDPERS Tobacco Cessation Program, please contact Blue Cross Blue Shield North Dakota at (800) 223-1704 for enrollment information. Once eligibility is verified, you will receive a tobacco cessation program identification card to use when you visit your doctor and purchase medications.

Prescription and over-the-counter medications will require payment at the pharmacy. Keep your receipts and send them to BCBSND for reimbursement.

For more information on North Dakota Tobacco Quitline or NorthDakota QuitNet visit www.ndhealth.gov/tobacco

For additional information call 1-800-223-1704 or 701-282-1400 if calling in the Fargo area.