



STATE OF NEW HAMPSHIRE  
DEPARTMENT OF HEALTH AND HUMAN SERVICES

New Hampshire Medicaid Program

**To:** NH Medicaid Enrolled Providers  
**From:** NH Division of Medicaid Services  
**Date:** February 8, 2023  
**Subject:** NH DHHS Resource for Treating Tobacco Use and Dependence

As a provider, your brief intervention is the best motivator for your patient to quit using tobacco. Each intervention is a treatment dose, which over time may elicit a 'desire to quit' response from your patient.

This important notice is to remind all providers that NH DHHS operates the NH Tobacco Quitline, referred to as **QuitNow-NH**. All types of healthcare providers should ask and document tobacco use status during each patient encounter. If the patient uses tobacco, document the type and amount per day. Advise the patient how tobacco relates to their current health issue. Additionally, offer (and document) a referral to the nationally certified tobacco treatment specialists at QuitNow-NH.

Calling 1-800-QUIT-NOW (1-800-784-8669) connects adults to cost-free and confidential counseling, including nicotine replacement therapy products, such as the patch, gum and lozenge.

Close loop referrals are electronic, secure and HIPPA compliant:

1. Provider Web Referral: <https://quitworksnh.org/quitworks-tools/patient-referral-forms/>
2. E-Referral is an EMR interface directly with National Jewish Hospital's Health Initiative Division (NJH), which is compatible with all systems operating with HL7 version 3 technology. This referral method will meet a number of quality of care performance measures.

<https://www.QuitNowNH.org> offers patient education, on-line chat, text and e-mail connections with tobacco treatment specialists. The provider tab links with provider education resources, including a training platform offering free professional education credits <https://quitworksnh.org/>.

### My Life, My Quit – Teen Services

Vaping is still tobacco! Do you see teens in your practice and have you asked them about vaping/tobacco use? My Life, My Quit provides free and confidential quitting services for teens who want help quitting any form of tobacco!

Teens can call or text "Start My Quit" to 1-855-891-9989 or visit [MyLifeMyQuit.org](http://MyLifeMyQuit.org) to receive:

- 5 one-on-one coaching sessions scheduled every 7-10 days
- Coaching focuses on skills to empower them to take control of and cope with feelings and emotions associated with tobacco use.
- Self-help and educational materials
- Additional support by phone, text, or online chat

Quit Coaches for teens are nationally certified tobacco treatment specialist that have completed rigorous training in youth development and building a trusting relationship.

Pediatricians and youth behavior specialists can refer to My Life, My Quit services through the Provider Web Referral portal, as noted above.

If your practice would like print materials to hand out or need further assistance please contact the NH Tobacco Prevention & Cessation Program (Teresa Brown) at (603) 271-8949 or electronically at [Teresa.Brown@dhhs.nh.gov](mailto:Teresa.Brown@dhhs.nh.gov).