



The Idaho QuitLine

Idaho QuitLine
1-800-Quit-Now

What is the Idaho QuitLine?

The Idaho QuitLine (IDQL) is a free, evidence-based tobacco cessation service that helps people quit using tobacco. The IDQL offers free nicotine gum, patches, or lozenges (NRT)* along with individualized, confidential counseling. The combination of counseling and NRT is more effective than either alone or quitting “cold turkey”. See the [CDC’s QuitLine FAQs for Healthcare Providers](#) for more information.

What Services Does the IDQL Provide?

- Available 24/7 (closed holidays)
- Immediate English and Spanish counseling
- 150 languages through their Language Line
- Services for the deaf and hard of hearing

What Do Quit Coaches Provide?

- Personalized quit plans
- Stress management and relapse prevention
- NRT dosing and guidance

Who is Eligible to Use the IDQL?

Callers must be an Idaho resident with a valid Idaho address. Youth ages 13-17 are eligible to participate in coaching calls only. Individuals who are 18+ are eligible to receive free NRT (pending no contraindications). The NRT benefit period renews every 12 months.

What Excludes Someone From Receiving NRT?

Patients who have the following conditions or who have experienced any of the following events are excluded:

- A heart attack/stroke in previous 2 weeks
- Currently pregnant
- Told they have an irregular heartbeat that required them to change their activities or take medication in the previous 6 months
- Had an allergic reaction to the patch medication or adhesive tape (such as band aids, patch medication – other than NRT, etc.)
- Told they have a serious/worsening angina or heart pain in the last 6 months
- Under age 18

If a patient reports any of the exclusions listed above, the IDQL may send an **MD Override Letter** to the patient for their Primary Medical Provider to approve a specific dosage of NRT.

Visit projectfilter.org to get free materials and learn more about patient referral programs.

*Subject to availability and eligibility. Registrants must participate in at least one coaching call to receive NRT. Other restrictions may apply.

