

Tobacco Cessation Treatment for Uninsured 05/01/2025 - 12/31/2026
Cumberland, Durham, Harnett, Johnson, Mecklenburg, Orange, and Wake Counties

Alliance Health is pleased to offer Nicotine Replacement Therapy (NRT) to prescribers who treat **uninsured individuals** with tobacco dependence. This NRT is to support providers and those with tobacco dependence with the Breathe Easy Campus Initiative's 100% tobacco free campus policy starting July 1, 2025. Tobacco-related illness is the number one preventable cause of death and disability in North Carolina. A 100% tobacco-free campus is an essential part of offering evidence-based tobacco use treatment services. With no safe level of secondhand smoke, no one should be exposed to secondhand smoke when they access care or on the job.

Eligibility for this NRT resource is for individuals with tobacco dependence who:

- are uninsured
- reside within Alliance's 7 county region (Cumberland, Durham, Harnett, Johnson, Mecklenburg, Orange, and Wake Counties)
- want to quit OR are NOT ready to quit but need support to NOT use tobacco in treatment or residential treatment or home environments.

This NRT is intended to serve as a **bridge to QuitlineNC** which will provide not only counseling and supply for up to 12 weeks of NRT.

NRT 4-week supplies should be given to individuals in conjunction with BOTH

- education on proper NRT use (products will come with information/flyers); see resources here
- QuitlineNC referrals (encourage BH Protocol enrollment)

How to order NRT (for those who treat uninsured patients):

- Alliance Health has partnered with NC MedAssist to provide NRT to this population. Visit [here](#) to order or reach out by email at: nrt@medassist.org

Reminder

- Highest efficacy is combination NRT = a long acting (patch) combined with a short acting (gum or lozenges) for breakthrough cravings (see Tobacco Treatment Standard of Care)
- Tobacco Cessation Pharmacotherapy Guidance can be found [here](#)
- The NRT 4-week supply is intended to bridge to **QuitlineNC**
- QuitlineNC will support people who are not ready to quit as well as those that are ready to quit.
- Varenicline and Bupropion are available through enrollment with NC MedAssist
- NRT use in women who are pregnant or breastfeeding: the patient should be educated on the risks of smoking or vaping versus the unknown risks of NRT. If the patient consents to NRT, then intermittent delivery formulations (gum, lozenge) is believed to be safer than continuous delivery (avoid use of transdermal patch). If the patient is pregnant, educate on the importance of prenatal care.

Nc Tracks Manual

James C. Strong, Lawrence E. Meeker

Nc Tracks Manual:

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Table of Contents Nc Tracks Manual

1. Understanding the eBook Nc Tracks Manual
 - The Rise of Digital Reading Nc Tracks Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Nc Tracks Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nc Tracks Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nc Tracks Manual
 - Personalized Recommendations
 - Nc Tracks Manual User Reviews and Ratings
 - Nc Tracks Manual and Bestseller Lists
5. Accessing Nc Tracks Manual Free and Paid eBooks
 - Nc Tracks Manual Public Domain eBooks
 - Nc Tracks Manual eBook Subscription Services
 - Nc Tracks Manual Budget-Friendly Options
6. Navigating Nc Tracks Manual eBook Formats

- ePub, PDF, MOBI, and More
- Nc Tracks Manual Compatibility with Devices
- Nc Tracks Manual Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Nc Tracks Manual
- Highlighting and Note-Taking Nc Tracks Manual
- Interactive Elements Nc Tracks Manual

8. Staying Engaged with Nc Tracks Manual

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Nc Tracks Manual

9. Balancing eBooks and Physical Books Nc Tracks Manual

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Nc Tracks Manual

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Nc Tracks Manual

- Setting Reading Goals Nc Tracks Manual
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Nc Tracks Manual

- Fact-Checking eBook Content of Nc Tracks Manual
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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