

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 art@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



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