



National Jewish Health Tobacco Cessation Services

Two programs available to Dell Children's Health Plan members that are 18 years of age and older. Members can enroll by phone or online:



Phone:
1-855-891-9984



Website:
DCHP.quitlogix.org

General Program

As the nation's recognized leader in respiratory health, National Jewish Health enrolls more than 93,000 people in their comprehensive tobacco cessation program each year.

Participants receive:

- Five telephone coaching sessions with an experienced Tobacco Cessation Coach.
- Four weeks of nicotine replacement therapies (NRT) delivered in as little as 7-10 business days.
- A personalized Welcome Packet of educational materials.
- A suite of eHealth services to supplement telephone coaching.
- A completion certificate once the program is finished.

Pregnancy and Postpartum Specific Program

National Jewish Health developed the first tobacco cessation program dedicated to pregnant and postpartum women. For nearly a decade, their Pregnancy and Postpartum Program has given new and expectant moms the support they need to stop using tobacco while they are pregnant and help to prevent relapse after giving birth.

Participants receive:

- Nine telephone coaching sessions (five during pregnancy and four postpartum) with a dedicated female Tobacco Cessation Coach. Our Coaches are specially trained to provide coaching during the sensitive physical and emotional times of pregnancy and the postpartum period.
- Nicotine replacement therapies (NRT) with physician consent.
- A personalized Welcome Packet including special educational materials and the industry renowned My Quit Journey© workbook.
- A suite of eHealth services to supplement telephone coaching including customized email and text messages specific to pregnant and postpartum stages, two-way chat and interactive online resources.
- Incentives for all pregnancy and postpartum completed calls¹.

¹CHIP Perinate members are not eligible to receive incentive for postpartum calls.