

# How to get free gum, patches and/or lozenges

More than double your chances of success! 802Quits offers free Nicotine Replacement Therapy (NRT) to smokers trying to quit. It is delivered directly to your home.

You can receive free nicotine patches and gum or lozenges. Here are three ways to get free NRT:

- **PHONE:** Sign up for free Quit by Phone coaching. Call [1-800-QUIT-NOW \(784-8669\)](tel:1-800-QUIT-NOW) or use the “Click to Call” button in the [Quit Help by Phone](#) section of the [www.802Quits.org](http://www.802Quits.org) web site. Vermonters enrolled in quit coaching can get text support and can get 8 weeks of free NRT shipped to their homes. NRT can be provided to pregnant women with provider approval.
- **IN-PERSON:** Sign up for free [In-person Quit Help](#) with a Vermont Quit Partner in your area. You can find a group near you at <http://802quits.org/in-person-quit-help/find-a-vermont-quit-partner/>. See the In-person Quit Help section of 802Quits.org for a listing of all hospitals offering groups.
- **ONLINE:** Register for free [Online Quit Help](#) with peer support at <http://802quits.org/online-quit-help/> to order your 2-week supply of NRT. If you’re already an Online Quit Help member, look under the Medication link.

If you have Medicaid you can get all of the effective cessation medications, including varenicline and NRT, with a prescription from your doctor (with a small co-pay). To find out more about nicotine replacements and other medications that can help you quit smoking, visit: <http://802quits.org/resources/tips-and-tools/#med>

