



Your support is here.
Quit tobacco today with our help.

NDPERS Tobacco Cessation Program

Your NDPERS membership enables you to receive the support you need to quit tobacco, including covering your out-of-pocket costs.

Who's eligible? Current employees and their dependents age 18 and older of:

- State of North Dakota
- North Dakota University System
- District health units
- Garrison Diversion Conservation District

City, county and other NDPERS members are not eligible for this program. There are also free resources available for all North Dakota residents through NDQuits. Visit ndhealth.gov/ndquits for more information.

What's covered?

- \$200 for office visits and co-pays
- \$500 for FDA-approved medications
 - Over-the-counter: Nicotine gum, patches or lozenges
 - Prescription: Bupropion, Chantix, nasal spray or inhaler

How do I enroll?

Call (877) 737-7730. You can enroll anytime. After eligibility is verified, you will receive your debit card and welcome packet.

You are welcome to re-enroll every six months and there is no limit on the number of times you can participate.



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

