Get Help Quitting Tobacco
We’ll help you quit and help cover the costs

Do you smoke or use tobacco and want to quit? This program is for you!
The North Dakota Public Employees Retirement System received a grant to help covered employees, and their covered dependents who are 18 and older, quit smoking or chewing tobacco. The grant pays for approved tobacco cessation counseling, medications, health care provider visits and co-pays. This program is administered by Sanford Health Plan.

Am I eligible?
Eligible employees include current employees of the state of North Dakota, the North Dakota University system, district health units and Garrison Diversion Conservation District. Employees must have NDPERS health insurance. Covered dependents 18 and older are also eligible. County, city and other members of the NDPERS group are not eligible for this program; however, smoking cessation funds and services may be available at the local level.

When do I enroll?
You can enroll at any time. If you need additional help, you can reenroll each January and July.

How do I enroll?
1. Contact Sanford Health Plan at (877) 737-7730 or go online to sanfordhealthplan.com/ndpers. Sanford Health Plan will verify your eligibility and send you a welcome packet and tobacco cessation program Benny card. Use this card to pay for office visits and medications at the time of service.
2. To receive tobacco cessation coaching at no charge, enroll in NDQuits. This service is provided by the North Dakota Department of Health. Call (800) QUIT-NOW or visit ndhealth.gov/ndquits for more information and to enroll.

NDQuits counselors can provide an initial assessment to determine how ready you are to quit, your smoking or chewing triggers, and what type of nicotine replacement therapy (patches, gum or lozenges) and/or prescription medication is best for you. If prescription medication is recommended, you will need to visit your doctor.

What is paid for?
Every six months, the program pays up to $700 in tobacco cessation expenses, including:
- Up to $200 for office visits and co-pays. If you receive counseling services as part of this benefit, it must be a best practice tobacco cessation counseling service according to the North Dakota Department of Health.
- Up to $500 for the following FDA-approved medications:
  - Over-the-counter: nicotine gum, nicotine patch, nicotine lozenge
  - Prescription: Bupropion, Chantix, nicotine nasal spray, nicotine inhaler

Keep your receipts. You will need to send itemized receipts for all office visits and pharmacy expenses to Sanford Health Plan to validate all purchases made with your Benny card.

Who do I contact if I have questions?
Call Sanford Health Plan at (877) 737-7730.