

Interested in Nicotine Replacement Therapy (NRT)?

NRT, such as lozenges, gum or patches, can help with nicotine withdrawal symptoms, and can help you quit smoking, vaping or other tobacco products for good.

- Over the counter NRT is available for people over the age of 18.
- People under the age of 18 need a prescription for **any** kind of NRT.
- Your insurance provider may cover all or part of the cost – call them to find out.
- MassHealth members do not need to pay anything out of pocket for NRT.

For support quitting:

mass.gov/QuitVaping or **1-800-QUIT-NOW**

Quit Resources for Youth

Visit mass.gov/QuitVaping or scan this code:

