

Nicotine Dependence Program

Patient FAQ

How does the program work?

You'll meet one-on-one with a nicotine treatment professional by phone or video. Together, you'll talk about your tobacco or nicotine use and create a plan that fits your goals, whether that's cutting back or quitting. Appointments are personalized and supportive.

What is nicotine replacement therapy (NRT)?

Nicotine replacement therapy helps reduce cravings and withdrawal symptoms by giving your body small, controlled amounts of nicotine without tobacco. Options may include nicotine patches, gum, or lozenges.

What does it cost?

The program is free. Nicotine replacement therapy is also provided at no cost while grant funding is available.

What if I'm not ready to quit?

That's okay! You do not have to be ready to quit to participate. The program can help you explore options, build confidence, and take steps at your own pace.

What other resources are available?

If you want additional support or services in another language, you can contact the PA Quitline at 1-800 QUIT-NOW (1-800-784-8669). The PA Quitline offers free counseling, support in multiple languages, and nicotine replacement therapy for eligible participants.

You also can talk with your primary care provider about quitting or using prescription options. Other helpful resources include Smokefree.gov for tools and text support, the Truth Initiative's BecomeAnEX program for online quitting support, and the American Lung Association's Freedom From Smoking program, which offers online and in-person programs to help you quit.

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