



Dear valued partner,

The Arkansas Department of Health has transformed the Arkansas Tobacco Quitline to a new service called Be Well Arkansas.

What is staying the same:

- Arkansans can receive tobacco and nicotine cessation services to help them quit addiction.
- The fax number for patient referrals is still 1-888-827-7057.
- The phone number 1-800-QUIT-NOW still works and will now route callers to Be Well Arkansas.
- Be Well Arkansas will continue to allow for online intake for patients.
- Counseling sessions available to those who are ages 13 and up.
- Nicotine Replacement Therapy (Patches and Lozenges only) is available to those who qualify (age of 18+).

What is different:

- **Callers who have insurance or employee assistance plans for cessation will be routed first to those resources.**
- Be Well Arkansas will offer more than cessation services; it will link people to diabetes management and hypertension control resources.
- Patients can call a new, additional toll-free phone number at 1-833-283-WELL.
- There is an all-new website www.bewellarkansas.org in development that will have updated resources for patients and providers.
- Be Well Arkansas has added an online chat component for cessation services.
- Be Well Arkansas now offers local, in-person cessation counseling as an option for patients through select Arkansas Department of Health Local Health Units.
- The Be Well Call Center is open during normal business hours, Monday-Friday from 8:00am-4:00pm, except state holidays.
- Be Well Arkansas has added a cessation texting service with advice and tips, and an app for 24/7 support.

Should you have any questions, please contact:

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833-283-WELL (9355)
www.bewellarkansas.org