



More than one million people successfully quit smoking every year in the United States. You can be one of them! Most people try a number of times before they stop smoking for good.

KAISER PERMANENTE 2011-2012 SMOKING CESSATION BENEFIT HIGHLIGHTS

The following quit tobacco programs are covered benefits for Kaiser members:

Phone-Based Wellness Coaching

Call (866) 251-4514 to discuss smoking cessation options with a Kaiser Wellness Coach.

Individual Counselling

A Clinical Health Educator or Care Manager will assist a member one-on-one in developing a quit plan and helping them learn about the quit process. There is no co-pay cost for this service. Call your local Kaiser facility for more information.

Freedom From Tobacco Series

5-9 sessions over 6-8 weeks, free of charge to Kaiser members. Provides group support, a step-by-step quit process, and follow-up after the quit date. Schedule: members.kaiserpermanente.org/kpweb/classes/entrypage.do

Single Session Quit Tobacco Workshop

Three hours long, these free workshops are designed for highly motivated members who need less ongoing support. The workshop helps members develop an individualized quit plan. Class calendar: members.kaiserpermanente.org/kpweb/classes/entrypage.do

Breathe - Online Smoking Cessation Program

This program provides an online assessment and quit plan process along with individually tailored feedback. Tailored for computer-savvy members who value the convenience of using an Internet-based support tool. kp.org/healthylifestyles (registration required)

Kaiser Smoking Cessation Medication Coverage

Medication	Co-pay
Nicotine patch, gum, lozenge (Enrollment in Kaiser-approved quit smoking program required)	\$0
Bupropion SR pill form (Prescription required)	\$5

Note: medication aids work best when used with a quit tobacco program. Limitations may apply.

Additional quit smoking programs:

EAP Stop Smoking

(800) 795-2351

Free 8-week at work program for City employees, starting in January 2012. Call for more information.

Last Drag San Francisco

www.lastdrag.com

Confidential, supportive, free 7-session quit smoking classes for LGBT and HIV+ smokers.

California Smokers' Telephone Helpline

(800)766-2888

Free phone-based, quit smoking program offered by UC, San Diego. Multi-lingual, with counseling for teens, pregnant women and chew tobacco users.

Smokefree

www.smokefree.gov

Online tools, multi-lingual phone counseling and quit smoking resources. Programs for women and military.

Discuss with your doctor and sign-up for the quit smoking program that is best for you.
