



2024 Quit Tobacco & E-cigarettes Programs & Resources

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2024 • SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

Quit Tobacco & E-Cigarettes Resources

Telephonic Wellness Coaches * (Tobacco & Vaping Cessation)

1-866-251-4514

Get the motivation and guidance you need to take an active role in your health, with our wellness coaches. Our Wellness Coaches can help you create—and stick with—a quit plan for reaching your goals. You and your coach talk one on one by phone at a time that's convenient for you. Coaches can prescribe nicotine replacement over the phone and provide continued support.

Fee: No fee for members (*members only*)

In Person Individual Counseling *

415-833-3450

Get the motivation and guidance you need to quit tobacco with the help of a Clinical Health Educator. The Clinical Health Educator works closely with your provider to arrange individual smoking cessation counseling sessions in-person, by video or over the phone. Call the Health Education department or email your provider at Kp.org and ask to schedule a one-on-one appointment with a Clinical Health Educator

Fee: No fee for members (*members only*)

Online Quit Smoking Program - Visit: www.smokefree.gov

This online program may work for you if you are unable to attend a in-person or telephone appointment. There are many programs, such as the one at smokefree.gov, that offer programs and resources to help you quit smoking.

Kick/t California (Formerly the California Smoker's Helpline) (All ages)

1-800-NO-BUTTS (1-800-668-8887)

A FREE telephone –based smoking and vaping cessation program to help you quit smoking. Funded by the California Department of Health Services.

Spanish.....1-800-600-8991

Chinese.....1-800-838-8917

Korean.....1-800-556-5564

Vietnamese.....1-800-778-8440

Hearing Impaired.....1-800-933-4833

Smoking Cessation Aids & Medications

Nicotine Patch: The nicotine patch provides a steady amount of nicotine to the body through the skin. This can lessen the overall cravings for cigarettes. Patches are usually put on in the morning and worn for 24 hours or taken off at bedtime (16-hour use). Treatment normally lasts six to eight weeks. You must not smoke while using the patch because your body may get too much nicotine.

Nicotine Lozenge or Gum: The nicotine lozenge and gum provides the body with nicotine at individual points in time. The lozenge and gum should be used on a regular schedule (usually at least 1 piece every 1-2 hours). The lozenge should be placed between the gum and cheek and is usually sucked on for 20-30 minutes. The gum should be chewed until you experience a “peppery” taste, and then it should be “parked” between the cheek and gum for the nicotine to absorb.

Bupropion SR (Wellbutrin, Zyban): Bupropion SR, also known as Wellbutrin SR and Zyban, is a prescription medication that can help to ease withdrawal symptoms and the urge to smoke. Bupropion is also used to treat depression. However, you do not have to be depressed to take Bupropion for smoking cessation. Bupropion is started while you are still smoking, with a quit date set for about a week later. The medication is taken for about eight weeks.

E Cigarette: E Cigarette products are currently non-regulated, so there is not a ensure the safety of these products as cessation aids. At the time, Kaiser Permanente Northern California is NOT endorsing these products as a means of quitting tobacco until further well controlled studies demonstrate their efficacy and better production guidelines are established to address safety and quality concerns.

Visit Us Online

Quitting Tobacco

Guide to smoking cessation

Wellness Coaching

Online health coaching programs

E-cigarettes & Vaping

Learn about how to quit E-cigarettes

Quit Tobacco Medications

Learn more about medications to help you quit. Most are available at no cost with a prescription from your KP doctor.

My Doctor Online

Communicate with your Doctor Access online program, videos & Podcasts

**Kaiser Permanente
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