

Tobacco Cessation Support

KAISER PERMANENTE • SOUTH SAN FRANCISCO • HEALTH EDUCATION DEPARTMENT



Make a Plan & Get Support

Telephonic Wellness Coaching (4-6 sessions)

- This service is for ages 18+. Reach your health goals with wellness coaching. Increase your motivation, identify effective strategies, medications, and get support to make an effective quit plan. You and your coach talk one-on-one by phone when it's convenient for you. Learn more at kp.org/mydoctor/wellnesscoaching
- **Fee:** No fee.
- English and Spanish available. Adult Members only
- Open to Kaiser Permanente Members Only
- **Contact:** 1-866-251-4514 6 a.m. to midnight daily to schedule a coaching appointment.

Smoker's Telephone Helpline (1-800-662-8887)

- Free, confidential telephone counseling.
- Convenient hours: days, evenings, weekends
- Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/ TTY
- Specialized programs for teen vaping, tobacco chewers, and pregnancy
- Open to members and community

The Truth Initiative – Support for Adults and Teens

- In partnership with Kaiser Permanente for Quitting Smoking
- All information for teens or adults is confidential
- 24/7 support; all services are free
- Very current with new data (truthinitiative.org)
- Specialize in programs for TEEN VAPING. It is a texting based Program called DITCH VAPE. Text DITCHVAPE to 88709.

Your Health Online Shortcuts to better health

kp.org/mydoctor/stayinghealthy

- Find information on strategies and medications for **Quitting Tobacco**

kp.org/tobaccomedications

- Learn about the quit tobacco medications available to you. What are they? How do you use them? Who shouldn't use them?

kp.org/quitsmoking

- Find information on strategies and medications for **Quitting Tobacco**

****New On-Site Pharmacy Support Service Beginning in 2021****

Kaiser Permanente South San Francisco and Daly City now offer on-site pharmacy support for quitting tobacco. Talk to a pharmacist about quitting smoking, cessation aids such as medication, patches, or gum/lozenge. Just ask for a pharmacist when picking up your medications.

Health Education Centers:

1200 El Camino Real, So. San Francisco
395 Hickey Boulevard, Daly City
650-742-2439

What Happens When You Quit Smoking?

