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

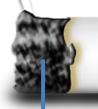
New On-Site Pharmacy Support Service Beginning in 2021

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?



20 MINUTES

after quitting

Your heart rate and blood pressure drop back to normal levels.

2 WEEKS

after quitting

Your circulation and lung function improve.

after quitting

1 YEAR

Your risk of getting heart disease decreases to half of the risk for a smoker.

10 YEARS

after quitting

Your risk of dying from lung cancer is half that of a smoker. Risk of getting cancer of the pancreas and throat also decreases.

12 HOURS

after quitting

Your level of carbon monoxide in your blood drops back to normal.

1-9 WEEKS after quitting

Your smoker's cough and shortness of breath become less pronounced.

5 YEARS

after quitting

Your risk of developing mouth, throat, esophagus, and bladder cancer is half of what it is for smokers. Risk of cervical cancer and stroke is lowered.

15 YEARS after quitting

Your risk of heart disease is equal to a non-smoker's risk.

