

Tobacco Free

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



Classes and Resources



Individual Appointment with a Clinical Health Educator

During this appointment, the Health Educator will provide strategies for quitting, support, and motivation for you to be successful in staying tobacco free. Additionally, you will get information about tobacco cessation medications. (Ages 18 and older). To schedule your appointment, call **1-866-248-0721**.



Wellness Coaching by Phone

Ready to quit smoking or vaping, lose weight, eat healthier, lower stress, sleep better, and move more? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. Schedule your appointment online at kp.org/mydoctor/wellnesscoaching or call **1-866-251-4514**. (Ages 18 and older). *Available in Spanish.*



Managing Your Stress

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. In this multi session series, you'll learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Available in Spanish.*

My Doctor Online Shortcuts to better health

kp.org/mydoctor

- Email your doctor
- Schedule routine and lab appointments
- View most lab results
- Check preventive health screenings

kpdoc.org/videovisits – prepare for and join a video visit with your doctor

kpdoc.org/mobile – get health reminders and information on the go with the My Doctor Online App

kp.org/diablo – Kaiser Permanente's Diablo Service Area website

kpdoc.org/quittingtobacco – resources to help you quit tobacco

kpdoc.org/tobaccomedications – get in-depth information about choosing the right medication to help you quit tobacco

kp.org/quitsmoking – tips and resources to help you quit smoking

kpdoc.org/stress – tools and resources to help manage stress

kp.org/selfcare – self-care tools, tips, and activities

kp.org/healthylifestyles – personalized online programs to help you create an action plan to reach your health goals

kpdoc.org/espanol – resources in Spanish

KP Online Store



Purchase health products recommended by your provider
Visit kponlinestore.com or call 925-556-4297

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.

Community Resources

Telephone Support – Kick It California (formerly California Smokers' Helpline)

Provides no cost telephone counseling for quitting smoking, vaping or smokeless tobacco. For ages 14 and older. You and your counselor will come up with a quit plan. Quit kits and self-help materials are also available. *Available in Spanish, Mandarin, Cantonese, Korean, and Vietnamese.*

Phone Numbers & Website

- English: **1-800-300-8086**
- Spanish: **1-800-600-8191**
- Website: kickitca.org

American Lung Association

Offers programs and support to help adults and teens quit smoking. Call **1-800-586-4872** or visit lung.org/stop-smoking for more information.

Vape/E-Cigarette Quit and Support Resources

- Truth Initiative text "DITCHVAPE" to **88709** or visit truthinitiative.org/quitecigarettes
- Parents and adults looking to help young people quit should text "QUIT" to **202-899-7550**
- Kick It California, call **1-800-300-8086**
- Tobacco Free CA, visit vapeoutbreak.org

Web and Texting Support

Find tools and support to help you quit; including a texting service. Visit smokefree.gov, smokefree.gov/lgbt or becomeanex.org.

Support for Military Service Personnel

Find resources tailored for service personal looking to quit, including a live chat line with a tobacco cessation coach, a texting service, information about medications, and more. Visit ycq2.org for additional information.

Support Group Meetings – Nicotine Anonymous

Call **1-877-879-6422** or visit nicotine-anonymous.org for more information and meetings in your area.

Health Education Centers

1-866-248-0721

Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

Antioch Medical Center

4501 Sand Creek Road
Deer Valley Building
Antioch, CA 94531

Dublin Medical Offices and Cancer Center

3100 Dublin Boulevard
Dublin, CA 94568

Martinez Medical Offices

200 Muir Road
Ensenada Building
Martinez, CA 94553

Park Shadelands Medical Offices

320 Lennon Lane
Yosemite Building
Walnut Creek, CA 94598

Pleasanton Medical Offices

7601 Stoneridge Drive
South Building
Pleasanton, CA 94588

San Ramon Medical Offices

2300 Camino Ramon
San Ramon, CA 94583

Walnut Creek Medical Center

1425 South Main Street
Walnut Creek, CA 94596

Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.

To protect our members and community, class offerings are subject to change based upon local guidelines and policies.