

# Smoking and Tobacco Cessation Services



Kaiser Permanente • Southern Alameda County • Health Education Department

## Ready to Break the Habit?

Health Education has a variety of programs just for you! Contact us for details at:

Fremont – 510-248-3455

San Leandro – 510-454-4531

Union City – 510-675-4531

Hayward

Sleepy Hollow – 510-784-4344

[kpdoc.org/quittingtobacco](http://kpdoc.org/quittingtobacco)  
**SEARCH – Tobacco**  
*tools to help you quit*

[kpdoc.org/tobaccomedications](http://kpdoc.org/tobaccomedications)  
*learn more about medications to help you quit*

[kp.org](http://kp.org)

*Select and communicate with your doctor online*

## EN ESPAÑOL – SERVICIOS DE EDUCACIÓN

- Consejero de Bienestar de la Salud por teléfono  
1-866-251-4514 (sin costo)
- Educadora de Salud en persona o teléfono  
510-248-3455
- California Smokers Helpline:  
Llamar a 1-800-45NO-FUME  
(1-800-456-6386)

**Para información sobre como dejar de fumar en español** visite:

[kp.org/español](http://kp.org/español)

[kpdoc.org](http://kpdoc.org) – busque Tobacco

## WELLNESS COACH

- By telephone at **1-866-251-4514** (toll free) to schedule an appointment.
- Get support and tools personalized just for you by telephone
- Visit [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching)

## FREEDOM FROM TOBACCO SERIES\*

This 7-session program focuses on quitting permanently through behavioral changes.

- Offered various days of the week, 6:30 to 8:30 p.m.
- **No charge for Kaiser Permanente members or \$75 for nonmembers.**

## QUIT TOBACCO WORKSHOP\*

This 1-session, 3-hour program provides the tools and confidence needed to kick the habit. Offered on Saturdays.

- **No charge for Kaiser Permanente members or \$25 for nonmembers.**

## CLINICAL HEALTH EDUCATORS\*

- Clinical Health Educators can work with you one-on-one to help you develop your own quit plan. Call your doctor or Health Education. *Members only.*

## BREATH ONLINE PROGRAM: [kp.org/breathe](http://kp.org/breathe)

- Take the online program, HealthMedia Breathe. This award winning program is a great resource that will give you tools and customized strategies to quit smoking. *Members only.*  
**No fee.**

\* Program fees listed are subjected to change and may depend on your health coverage. Please refer to your current Evidence of Coverage (EOC) to confirm the services covered under your plan.

March, 2016

# Health Education Department

*Champions for Healthy Living*

Fremont, Hayward-Sleepy Hollow, San Leandro, Union City

Register on [kp.org](http://kp.org) for the following Kaiser Permanente services

- E-mail your doctor
- View most lab results
- Find classes and support groups
- Refill your prescriptions
- Schedule, cancel, and view appointments
- Act for a family member

Visit the following [kp.org](http://kp.org) websites for quick and easy access to health programs

- [kp.org/mydoctor](http://kp.org/mydoctor)
- [kp.org/womenshealth](http://kp.org/womenshealth)
- [kp.org/menshealth](http://kp.org/menshealth)
- [kp.org/children](http://kp.org/children)
- [kp.org/classes](http://kp.org/classes)
- [kp.org/fitness](http://kp.org/fitness)

## Spanish

- [kp.org/espanol](http://kp.org/espanol)
- [kp.org/vidasana](http://kp.org/vidasana)

## Healthy Living Classes & Resources\*

### Available Online at

[kp.org/fremont/healtheducation](http://kp.org/fremont/healtheducation) or [kp.org/hayward/healtheducation](http://kp.org/hayward/healtheducation)  
[kp.org/sanleandro/healtheducation](http://kp.org/sanleandro/healtheducation) or [kp.org/unioncity/healtheducation](http://kp.org/unioncity/healtheducation)

**Having Surgery? Go to your physician's homepage on [kp.org/mydoctor](http://kp.org/mydoctor)**  
Click on "Prepare for Your Procedure - Emmi" to learn more about your surgery

## Locations

**All our centers are open Monday to Friday, 9 a.m. to 5 p.m.**

### Fremont Healthy Living Center

39400 Paseo Padre Parkway, Niles Building, 1st Floor, **510-248-3455**

### San Leandro Healthy Living Center

2500 Merced Street, Medical Office Building, 1st Floor, **510-454-4531**

### Hayward-Sleepy Hollow Healthy Living Resources

27303 Sleepy Hollow Avenue, Medical Office Building, 1st Floor, **510-784-4344**

### Union City Healthy Living Center

3553 Whipple Road, Building B, 1st Floor, **510-675-4531**

\*Program fees listed are subject to change and may depend on your health coverage. Please refer to your current Evidence of coverage (EOC) to confirm the services covered under your plan.

**Inspire people. Inform choices. Improve health.**