

HEALTH EDUCATION at a glance

QUIT TOBACCO

Fairfield: 707.427.4466 • Napa: 707.258.4490 • Vacaville: 707.624.2225 • Vallejo: 707.651.2692
kp.org/napasolano/healthed • twitter.com/kphealthed • askahealtheducator@kp.org

Program	Description	Referral Method	Facilities	Cost
Freedom From Tobacco	The seven week series provides group support, a step-by-step quit process, and follow-up after the quit date.	No	Napa, Vacaville, Fairfield, Vallejo	Free*
Quit Tobacco Workshop	This 3-hour class is designed for highly motivated members who need less ongoing support. It will help you make quit plan and learn about nicotine addiction.	No	Fairfield, Vacaville, Vallejo	Free*
Clinical Health Educator	Create a personalized quit plan by speaking with a Clinical Health Educator in-person.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Wellness Coach	Create a personalized quit plan by speaking with a Wellness Coach over the phone.	No	Phone	Free*
Quit Tobacco Resources	Find information on how to quit tobacco, what to do before quitting, medications that can help and what to expect when you become tobacco free. kpdoc.org/quittingtobacco .	No	Online	Free
Quit Tobacco Medications Program	An online program to learn about medications that help you quit smoking. kp.org/tobaccomedications	No	Online	Free
Health Media® Breathe	Online healthy lifestyle program for quitting tobacco. kp.org/breathe .	No	Online	Free
Podcasts	Free podcasts that you can download to your computer or just listen to online. Go to kp.org/listen , click “podcasts.”	No	Online	Free

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