

TOBACCO CESSATION

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

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| Health Education | A Health Educator will work with you to set weekly goals to help you get ready to quit smoking, quit, and stay quit. You can choose an in-person, phone or video visit appointment. | Health Education 408-851-3800 |
| Telephone Wellness Coach | Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish. | 1-866-251-4514 kp.org/healthcoach |
| California Smoker's Helpline | Free, confidential telephone counseling. Convenient hours; days, evenings, weekends. Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/TTY | 1-800-662-8887 (1-800-NO-BUTTS) nobutts.org |

IN-PERSON CLASSES

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| Managing Your Stress | Six sessions. Learn about how emotions and thoughts affect health. Learn about stress and stress management. | Health Education 408-851-3800 |
| Understanding Your Anxiety | Six sessions. Overwhelmed by anxious feelings? In this class, learn about causes, symptoms and treatments for anxiety. Find out what you can do to manage your anxiety and fully enjoy your life. | Health Education 408-851-3800 |

ONLINE RESOURCES

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| Prepare to Quit Smoking | A single-session webinar to increase your motivation and confidence with proven strategies for success. Held online as a webinar with interactive Health Educator Leader and class participants. | Health Education 408-851-3800 |
| Quit Tobacco Medications | An online program to learn about medications that can help you quit smoking. | kp.org/mydoctor Search Tobacco medications |
| Quit Smoking with Breathe™ | Give yourself the winning edge with our free healthy lifestyle programs for KP members 18 years and older. The online programs can help you create an action plan to reach your health goals. | kp.org/healthylifestyle |

Medications for Quitting

All KP NCAL members can receive over-the-counter (OTC) nicotine replacement therapies (NRT) at no cost share with a prescription. If you're interested in trying a medication for smoking cessation, please talk to your physician.