



TOBACCO CESSATION

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

INDIVIDUAL APPOINTMENTS

| | | |
|-------------------------------------|--|---|
| 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. . | Health Education 408-851-3800 |
| Telephone Wellness Coach | Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7:30pm and Sat 8:30am-5:00pm. Offered in English and Spanish. | 1-866-251-4514 |
| California Smoker's Helpline | Free, confidential telephone counseling. Convenient hours; days, evenings, weekends. Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/TTY | (1-800-300-8086) Kickitca.org |

ONLINE RESOURCES

| | | |
|-----------------------------------|---|--|
| Quit Tobacco Medications | An online program to learn about medications that can help you quit smoking. | kp.org/tobedvid/ncal |
| 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 |
| Wellness | Take time for self-care. Explore our broad range of self-care resources – including apps, audio activities, articles, and more- designed to help you thrive in mind, body, and spirit. | kp.org/selfcareapps |

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.