

# Tobacco Cessation Resources

## Metro - Denver

### Mobile Apps/Resources

#### quitSTART

- FREE app for teens that offers tips, inspiration, and challenges to help you quit smoking; Adults can use it too!

#### QuitGuide

- FREE app that tracks cravings, moods, slips, and smoke free progress

#### Livestrong – My Quit Coach

- FREE app with a personalized quitting plan; track daily consumption; receive budget alerts; earn badges and awards

#### Smoke Free – Quit Smoking

- FREE app tracks your behavioral patterns related to smoking to determine the best strategy for you to quit and to stay smoke free

#### This is Quitting

- FREE app for you to share stories with others who are trying to quit
- Get inspired to quit

#### Quit It Lite

- FREE motivational app to track cessation - the cigarettes you did not smoke, the amount of money you're saving as a result

#### Quit Now!

- FREE app focuses on your achievements, motivations, and connects you with others who are also trying to quit

### Online Resources

#### Colorado QuitLine

- Online counseling program
- Register for FREE at

[www.coquitline.org](http://www.coquitline.org)

#### Smokefree.gov

- Allows you to choose the help that best fits your needs

[www.smokefree.gov](http://www.smokefree.gov)

[women.smokefree.gov](http://women.smokefree.gov)

[teen.smokefree.gov](http://teen.smokefree.gov)

#### American Lung Association

- “Freedom from Smoking Plus” programs include a program booklet, online community, and access to a call line with cessation experts

<http://www.ffsonline.org>

#### BecomeanEx.org

- FREE program with resources to “re-learn” how to live smoke free

<http://www.becomeanex.org/>

#### KILLTHECAN.org

- FREE, self-help program to help users quit using chewing tobacco

<https://www.killthecan.org>

#### Quit Tobacco – Make Everyone Proud

- FREE cessation program for U.S. service members and Veterans enrolled in the VA health care system for quitting tobacco for themselves and any other interested individuals

<https://www.ycq2.org/stay-quit/>



**1.800.QUIT.NOW**  
(1-800-784-8669) / [www.coquitline.org](http://www.coquitline.org)



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### Community Programs

#### Colorado Quitline

- Free resources for quitting smoking
- Including one-on-one coaching, tips on preparing and making quitting easier and free supply of nicotine patches, gum and lozenges. Free to Coloradans regardless if you have or do not have insurance.
- 1-800- Quit.Now <https://coquitline.org>

#### Baby & Me Tobacco Free

- Smoking cessation program created for expecting moms
- <https://www.tchd.org/302/Baby-and-Me---Tobacco-Free>
- <http://babyandmetobaccofree.org/find-a-location/>

#### Kings Soopers Little Clinic – The SmartPath Tobacco Cessation Program

- 2-visit program to help you get started; assess your health status and nicotine dependence
- Medication will be recommended and prescribed; ongoing assessment of effectiveness and side effects will be evaluated
- \$35/visit
- The Clinic is open 7 days a week from 7:00am-7:00pm
- <https://www.thelittleclinic.com/topic/tobacco-cessation-program>

#### Porter Adventist Hospital and St. Anthony's Hospital (Centura Health)

- Tobacco Treatment Program offered onsite at Porter and St. Anthony's
- \$30/session (in-person or over phone); Individual sessions only
- Contact Andrea Bon-Wilson for questions or to set up your appointment:
- 720-321-8312,
- [Andreabon-wilson@centura.org](mailto:Andreabon-wilson@centura.org)

#### Denver VA Medical Center – Stop Smoking Clinic

- FREE clinic to Veterans only; must be referred by your primary care provider
- Individual counseling and group classes available every week at a clinic near you
- For more information call the Education department: 303-283-5441

#### Clinical Services/Insurance Coverage

- Contact your insurance provider or your primary care physician for insurance-sponsored classes, counseling, cessation medications, and nicotine replacement therapy.
- **Medicaid patients:** Smoking cessation medications are a covered benefit for all Health First Colorado members and can now be accessed without a prior authorization. Members can receive counseling and FDA approved cessation medication at no cost to the client. Please contact your doctor for more information.
- **Medicare** offers counseling for asymptomatic Medicare enrollees and is not subject to cost-sharing. Enrollees who have already developed tobacco-related diseases are subject to cost-sharing.