




# Quit Smoking Your Way

Choose the best option for you!

Resource	What is Included	Information	Cost
<b>Washington State Quit Line</b> <a href="http://1-800-QUITNOW.doh.wa.gov/youandyourfamily/tobacco/howtoquit">1-800-QUITNOW</a> <a href="http://doh.wa.gov/youandyourfamily/tobacco/howtoquit">doh.wa.gov/youandyourfamily/tobacco/howtoquit</a>  *Submit a complaint: <a href="http://Insurance.wa.gov/file-complaint-or-check-your-complaint-status">Insurance.wa.gov/file-complaint-or-check-your-complaint-status</a>	<ul style="list-style-type: none"> <li>• Telephone counseling and support</li> <li>• Medication</li> <li>• Nicotine Replacement Therapy (NRT)</li> <li>• Self-help materials</li> </ul>	<b>Private insurance</b> –most private insurance plans cover tobacco cessation counseling and nicotine replacement therapy with no out-of-pocket costs. Call <b>800 QUIT-NOW</b> to see if your plan is covered by the Quitline, or call your insurance carrier to learn about plan benefits.	<i>Depends on insurance</i>
		<b>Washington Apple Health (Medicaid)</b> – if you are enrolled in a Washington Apple Health plan, you may qualify for up to eight counseling calls to the Quitline and up to 12 weeks of FREE nicotine patches or gum per year. Call <b>800 QUIT-NOW</b> and have your insurance card ready.	<b>FREE</b>
		<b>No insurance</b> – If you are uninsured, or your plan is not covered by the Quitline, call <b>800 QUIT-NOW</b> and you will receive up to five calls with a Quit Counselor to set up a quit plan. If you are over age 18, you can also request self-help materials by mail. You may be eligible for two weeks of free nicotine replacement gum or patches (except pregnant women and some contraindications), as supplies last.	<b>FREE</b>
		<b>Medicare</b> – Medicare Part B covers eight face-to-face visits in a 12-month period by a qualified doctor or other Medicare-recognized practitioner.	<b>FREE</b>
		<b>American Cancer Society</b> 866-784-8454 866 QUIT-4-LIFE <a href="http://quitnow.net">quitnow.net</a>	<ul style="list-style-type: none"> <li>• Telephone counseling and support</li> <li>• Medication</li> <li>• Nicotine Replacement Therapy (NRT)</li> <li>• Self-help materials</li> </ul>
<b>Providence St. Mary's</b> 509-897-3320	<ul style="list-style-type: none"> <li>• 4-week smoking cessation class</li> </ul>	<u>Session 1</u> - Wednesdays June 6 to June 27, 2019 from 5:30 pm to 7:00 pm -- Marion Room <u>Session 2</u> -Wednesdays September 5 to September 26, 2019 from 5:30 pm to 7:00 pm-- Luken Room	<b>FREE</b>



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<b>American Lung Association in WA</b> Lung Helpline & Tobacco Quitline: 800 LUNG-USA Hearing Impaired: 800-501-1068 Monday-Friday 5:00am – 7:00pm Weekends 7:00am – 3:00pm (Pacific Time) <a href="http://lung.org">lung.org</a>	<ul style="list-style-type: none"> <li>Telephone counseling and support</li> <li>Self-help materials</li> </ul>	Registered nurses, respiratory therapists and tobacco cessation counselors assist in 250+ languages on various lung health topics. Free, unlimited calls. Callers can also access Freedom from Smoking Self-Help Guide for Adult Tobacco Cessation by calling <b>800 LUNG-USA</b> .	FREE
	<ul style="list-style-type: none"> <li>Web-based cessation program</li> <li>Telephone counseling and support</li> </ul>	Freedom From Smoking Plus is a self-paced and customized online tobacco cessation program with access to an online support community.	\$99.99
<b>National Alliance for Tobacco Cessation</b> <a href="http://becomeanex.org">becomeanex.org</a>	<ul style="list-style-type: none"> <li>Web-based cessation program</li> </ul>	The EX Plan is a FREE quit smoking program that based on personal experiences from ex-smokers, as well as the latest scientific research from experts at Mayo Clinic	FREE
<b>Federal Smoke-Free Resources</b> <a href="http://smokefree.gov">smokefree.gov</a>	<ul style="list-style-type: none"> <li>Web-based cessation program</li> <li>Telephone counseling and support (text message program)</li> </ul>	Smoke Free Teen <a href="http://teen.smokefree.gov">teen.smokefree.gov</a> Smoke Free Women <a href="http://women.smokefree.gov">women.smokefree.gov</a> Smoke Free Veterans <a href="http://smokefree.gov/veterans">smokefree.gov/veterans</a> Smoke Free 60+ <a href="http://60plus.smokefree.gov">60plus.smokefree.gov</a> Smoke Free Espanol <a href="http://espanol.smokefree.gov">espanol.smokefree.gov</a>	FREE
<b>Washington Department of Health 2MorrowQuit App</b> <a href="http://doh.wa.gov/quit">doh.wa.gov/quit</a>	<ul style="list-style-type: none"> <li>Web-based cessation program (smart phone app)</li> </ul>	2MorrowQuit™ is an evidence-based smoking cessation program that is three times more effective than trying to quit on your own. It can be used with or without nicotine replacement therapy. It is private and easy to use, and FREE to Washington State residents.	FREE
<b>This is Quitting The Truth Initiative E-Cigarette Quit Program</b>	<ul style="list-style-type: none"> <li>Free text coaching program, focused on teens and young adults</li> </ul>	Program is tailored by age group, and was created with input from teens and young adults who have attempted to, or successfully quit, e-cigarettes. Text "QUIT" to (202)804-9884.	FREE
<b>US Department of Veterans Affairs</b> <a href="http://mobile.va.gov/app/stay-quit-coach">mobile.va.gov/app/stay-quit-coach</a>	<ul style="list-style-type: none"> <li>Web-based cessation program (smart phone app)</li> </ul>	Stay Quit Coach is designed to help veterans quit smoking by providing support and information for adults who are already in treatment to quit smoking. The program includes motivational messages and support contacts to help veterans stay smoke-free.	FREE
<b>My Last Dip</b> <a href="http://mylastdip.com">mylastdip.com</a>	<ul style="list-style-type: none"> <li>Self-help materials</li> </ul>	My Last Dip is for smokeless and chewing tobacco users who want to quit.	FREE