

Want to know more?

- Call Talk with a Health Coach to discuss your options for quitting tobacco use, at 503-286-6816 or 1-866-301-3866 (toll free), option 2.
- Visit kp.org/quitsmoking.
- Check out the free online HealthMedia® Breathe® program at kp.org/breathe for Kaiser Permanente members.
- Follow twitter.com/QuitandStayQuit for tips and support as you become a former tobacco-user.

“Listening to the experiences and ideas of other participants helped me.”

— Webinar attendee

For information about any of our tobacco cessation offerings

Please call and select option 2

From Portland **503-286-6816**

From all other areas
(toll free) **1-866-301-3866**

Tobacco cessation

KICK THE HABIT

Thinking about quitting tobacco use? Success in quitting depends on addressing your physical and emotional addiction. A class, phone counseling, or an online program can help. Coverage for medication therapy may be available, depending on your benefit plan.

Freedom from Tobacco — Six Sessions

Declare your freedom! Develop a personal strategy for ending your dependence on tobacco products. Explore the behavior changes that will help you overcome cravings, resist temptations, and better handle stress — without relying on tobacco. The fee includes a Cultivating Health® *Freedom from Tobacco Kit*.

Six 1.5-hour sessions.

Free for Kaiser Permanente members

Nonmembers \$95

Please note: This class includes a planned quit date for all participants during the second session.

Freedom from Tobacco — One Session

You have the power to quit using tobacco. But you may need a bit of help understanding how the process of change works. Learn about motivational tools, triggers that tempt, and barriers that hold you back in this seminar. Participants will receive the *Freedom from Tobacco Kit* to help you design your own quitting plan.

One 2-hour session.

Free for Kaiser Permanente members

Nonmembers \$30

Freedom from Tobacco — Webinar

This program offers the same Cultivating Health® *Freedom from Tobacco Kit* information about how the process of change works as the more traditional one-session tobacco class, but you'll join Kaiser Permanente facilitators and other class attendees in a supportive group setting online. This session provides real-time desktop sharing with phone conferencing and interactive features so everyone sees and hears the same thing. Engaging interactive features make participation easy and fun.

One 90-minute session.

Free for Kaiser Permanente members

Nonmembers \$30

Telephone Coaching

Create a plan for quitting tobacco use and get ongoing support with a tobacco-cessation coach.

Free for Kaiser Permanente members

Nonmembers \$180