

Ready to Quit?

CESSATION RESOURCES



Who	What	Information	Cost
Inland Northwest Health Services (INHS) Community Wellness 509.232.8138 wellness@inhs.org	<ul style="list-style-type: none"> • Live and interactive web-based counseling and support • Self-help materials 	Four-week tobacco cessation class, as well as education via newsletters & additional community resources. Class times, availability & location at: wellness.inhs.org/Tobacco-Prevention-Cessation	FREE
	<ul style="list-style-type: none"> • In-person counseling and support • Self-help materials 	One-on-one health coaching for tobacco cessation which includes personalized quit plans, goal setting, and support.	\$85 per hour
Providence Pharmacotherapy Clinic Holy Family: 509.482.3057 Sacred Heart: 509.474.2232	<ul style="list-style-type: none"> • In-person counseling and support[†] • Self help materials[†] • Medication/Nicotine Replacement Therapy (NRT)[†] 	One-on-one counseling with pharmacist for tobacco cessation including personalized quit plans, goal setting, support, medication prescribing and counseling. Specialized tobacco cessation SCRIPT program available for pregnant women.	[†] Depends on insurance, charity care for under-insured and uninsured
Washington Health Benefit Exchange	<ul style="list-style-type: none"> • In-person counseling and support • Medication/Nicotine Replacement Therapy (NRT) 	Do you have an individual plan from the Washington Health Benefit Exchange? Call or visit your health plan website. Individual plans cover tobacco counseling, nicotine replacement therapy, & related medications with no out-of-pocket costs.	FREE
Private insurer	<ul style="list-style-type: none"> • In-person counseling and support • Medication/Nicotine Replacement Therapy (NRT) 	Do you have an employer-based (“group”) insurance plan? Call your human resource office or health plan. Most group plans cover tobacco counseling, nicotine replacement therapy, & related medications with no out-of-pocket costs.	FREE
Medicare	<ul style="list-style-type: none"> • In-person counseling and support 	Do you have Medicare? Medicare Part B (medical insurance) covers eight face-to-face visits in a 12-month period by a qualified doctor or other Medicare-recognized practitioner.	FREE
Washington State Quit Line 800 QUIT-NOW doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit	<ul style="list-style-type: none"> • Telephone counseling and support • Self-help materials • Nicotine Replacement Therapy (NRT) 	Uninsured or without insurance ? Call 800 QUIT-NOW. You will receive up to five calls with a quit counselor to set up a quit plan to help you quit or stay quit. 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 due to caller’s medications).	FREE
	<ul style="list-style-type: none"> • Telephone counseling and support • Nicotine Replacement Therapy (NRT) • Self-help materials 	Enrolled in Washington Apple Health (Medicaid)? Call 800 QUIT-NOW. You qualify for eight counseling calls to the Quitline and up to 12 weeks of free nicotine patches or gum per year.	FREE



*Sometimes it takes quitting 8-10 times before quitting for good. Keep trying.
Tobacco is the leading cause of preventable death in the U.S.*

Who	What	Information	Cost
American Cancer Society 866.784.8454 866 QUIT-4-LIFE quitnow.net	<ul style="list-style-type: none"> • Self-help materials • In-person counseling and support[†] • Medication/Nicotine Replacement Therapy (NRT)[†] 	Enroll online by calling 866 QUIT-4-LIFE .	[†] Depends on insurance
American Lung Association 800 LUNG-USA lungusa.org 7:00 a.m. -11:00 p.m. seven days per week (Central Time)	<ul style="list-style-type: none"> • Telephone counseling and support • Self-help materials 	Lung Helpline is a resource for those who need help with any lung health issue. You can speak directly with a registered nurse, respiratory therapist, and/or quit-smoking specialist. Includes translation services.	FREE
	<ul style="list-style-type: none"> • Web-based cessation program • Self-help materials 	Freedom From Smoking is a program designed specifically for adults who want to quit smoking.	Ranges from FREE to \$40 [†] [†] depends on plan/length
National Alliance for Tobacco Cessation becomeanex.org	<ul style="list-style-type: none"> • Web-based cessation program 	The EX Plan is a free quit smoking program, one that can show you a whole new way to think about quitting. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.	FREE
Federal Smoke Free Resources smokefree.gov	<ul style="list-style-type: none"> • Web-based cessation program 	Smoke Free Teen teen.smokefree.gov	FREE
		Smoke Free Women women.smokefree.gov	
		Smoke Free Veterans smokefree.gov/veterans	
		Smoke Free Español espanol.smokefree.gov	
Washington Department of Health SmartQuit™ App doh.wa.gov/YouandYourFamily/Tobacco/SmartQuit	<ul style="list-style-type: none"> • Web-based cessation program (smart phone app) 	SmartQuit™ 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. The program is delivered via a smartphone app, so it is private, easy to use and always within reach. Available to Washington state residents only.	FREE
My Last Dip mylastdip.com	<ul style="list-style-type: none"> • Self-help materials 	My Last Dip is for smokeless and chewing tobacco users who want to quit.	FREE
US Department of Veterans Affairs mobile.va.gov/app/stay-quit-coach	<ul style="list-style-type: none"> • Web-based cessation program (smart phone app) 	Stay Quit Coach is designed to help veterans quit smoking. It provides readily-available support and information for adults who are already in treatment to quit smoking. The program includes motivational messages and support contacts to help users stay smoke-free.	FREE
Nicotine Anonymous 509.220.6371 nicotine-anonymous.org	<ul style="list-style-type: none"> • In person counseling and support • Self-help materials 	Wednesdays at 5:15 p.m. - 6:15 p.m. 1700 W. 7th, Spokane, WA 99204	FREE
Community Health Association of Spokane (CHAS) Denny Murphy Clinic 509.444.8200	<ul style="list-style-type: none"> • In person counseling and support • Self-help materials 	Four week series. Classes are hosted on Fridays. Register in advance. Non-CHAS patients may attend so long as they are accompanied by a CHAS patient.	FREE

What Method is Best?

**** Counseling and Medication
 ** In-Person Counseling and Support
 * Web-Based Cessation Programs

***/** Medications/Nicotine Replacement Therapy (NRT)
 * Self-Help Materials

KEY

**** = Best
 *** = Better
 ** = Good
 * = Fair