



Smoking cessation

Toss the tobacco. We can help.

Are you ready to quit?

Smoking is a powerful addiction. Quitting takes practice, patience and support.

Take advantage of discounted smoking cessation resources. Access award-winning support groups, telephone counseling program, and classes.

Tobacco quit line
1-800-QUIT-NOW
Spanish: 877-2NO-FUME

A free telephone service to help you develop a personalized quit plan and find counseling and resources in your area.

Free & Clear
1-800-292-2336

A telephone-based program designed for smokers who want a structured program, but cannot attend a regular class.

Smoking cessation classes
1-800-562-8964 or
www.providence.org/php/classesreimburse

Learn coping skills, behavior, weight and management techniques and receive social support. You are eligible for a reimbursement when the class is completed at a Providence Health Plan contracted facility. Check your benefit summary for specific information.



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www.providence.org/healthplans

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