

# Smoking cessation

Toss the tobacco. We can help.

## **Are you ready to quit?**

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

Providence Health Plan members can take advantage of discounted smoking cessation resources. You can access our award-winning support groups, telephone counseling program, and classes with free medications.

## **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.

## **Smoking cessation classes**

**503-574-6595 or**

**[www.providence.org/php/classes](http://www.providence.org/php/classes)**

An 11-session, pharmacist-assisted class. Learn behavior techniques and coping skills, and receive social support, and weight and stress management. Includes eight weeks of free medication.

## **Free & Clear**

**1-800-292-2336**

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