



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

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.



EDU-005

www.providence.org/healthplans

IN PSA

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

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.



EDU-005

www.providence.org/healthplans

IN PSA