



Providence Health Plan Approved Tobacco Cessation Providers

Members must contact the specific program to confirm classes and services. For information regarding available benefits, please review your member handbook on myProvidence, or contact Providence Health Plan customer service at the number located on the back of your member identification card.

Providence Health & Services Portland Service Area www.providence.org		503-574-6595		
Contact number	Program name	Program length	Total hours	Program description
503-574-6595 Providence Resource Line	Smoking Cessation Program	11 sessions	16 hours	The American Lung Association's "Freedom from Smoking" program is designed to help you quit smoking for good. Learn a systematic approach to quitting – including how to prevent relapse. A pharmacist will assess your needs for nicotine replacement therapy, Chantix, or Zyban. These medications are provided at no charge.
Providence Newberg Hospital Newberg, Ore. www.providence.org		503-537-1555		
Contact number	Program name	Program length	Total hours	Program description
503-574-6595 Providence Resource Line	Smoking Cessation Program	11 sessions	16 hours	The American Lung Association's "Freedom from Smoking" program is designed to help you quit smoking for good. Learn a systematic approach to quitting – including how to prevent relapse. A pharmacist will assess your needs for nicotine replacement therapy, Chantix, or Zyban. These medications are provided at no charge.

Free & Clear Quit for Life Program www.freeclear.com/quit-for-life	800-292-2336
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Contact number	Program name	Program length	Total hours	Program description
800-292-2336	Free & Clear Quit for Life Program	12 month support		This nationwide telephone-based program is designed for smokers who want a structured program, but can't attend a regular class. Improve your chances of quitting for good with the help of a trained counselor, written information sent to your home, scheduled telephone support calls, and a toll-free help line. This program offers 12 months of stop-smoking support.

St. Charles Medical Center Bend, Ore. www.scmc.org	541-382-4321
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Contact number	Program name	Program length	Total hours	Program description
541-706-6390	Freshstart Tobacco Cessation	4 weeks	6 hours	The Freshstart Program was developed by the American Cancer Society and is designed to help you stop smoking or chewing tobacco by providing you with information and strategies that will direct your efforts to quit. Students will review the change process, challenges of addiction, psychological, emotional and communication issues, physical and behavioral responses related to stopping the tobacco habit, methods of quitting, process utilizing the instructor/facilitator and group support process.

Columbia Memorial Hospital Astoria, Ore. www.columbiamemorial.org	503 325-4321 800-962-2407
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Contact number	Program name	Program length	Total hours	Program description
503-325-4321 Ext. 6564 Tobacco Cessation Coordinator	Individual Consultation	Varies		One on one consultation with Tobacco Cessation Coordinator available. Program expected to start in early 2010.

Cottage Grove Community Hospital
Cottage Grove, Ore.
www.peacehealth.org

541-942-0511

Contact number	Program name	Program length	Total hours	Program description
541-222-7442	Options Tobacco/ Smoking Cessation Program			<p>Ready to quit using tobacco? Want to know what different effective strategies are available? Are you looking for ongoing support, encouragement and resources during the process of quitting? Oregon Heart & Vascular Institute is pleased to provide a practical, low-cost and effective approach to tobacco cessation, including smoking cessation, through the newly developed Options Tobacco Cessation Program. Options include:</p> <ul style="list-style-type: none"> • Individual counseling, one 45-minute session for initial assessment (including carbon monoxide measurement), determination of needs, provision of support materials. • Support for self-help process: Telephone counseling, problem solving, skills training, discussion of other treatment options. • Behavioral therapy sessions: 75-minute sessions once a week cover (1) tobacco dependence and addictive behavior, (2) stress and acquiring individual management skills, (3) weight gain and weight management, and (4) the role of exercise and wellness promotion. <p>Staff includes a respiratory therapist, behavioral specialist, registered dietitian, exercise physiologist, pharmacist, and tobacco cessation specialist.</p> <p>Individual evaluation appointments with the tobacco cessation specialist are required for those wishing to participate in Options. You may join the group at any time. Group sessions are held on Mondays from 5:15 to 6:30 p.m. You must complete an evaluation six to 12 days before attending your first group session. Payment is required at the time of the evaluation.</p>

Sacred Heart Medical Center Eugene, Ore. www.peacehealth.org	541-686-7300
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Contact Number	Program Name	Program length	Total hours	Program Description
541-686-7442	Options Tobacco/ Smoking Cessation Program	Multiple Sessions		<p>Oregon Heart & Vascular Institute is pleased to provide a practical, low-cost and effective approach to tobacco cessation, including smoking cessation, through the newly developed Options Tobacco Cessation Program. Options include:</p> <ul style="list-style-type: none"> • Individual counseling, one 45-minute session for initial assessment (including carbon monoxide measurement), determination of needs and provision of support materials. • Support for self-help process with telephone counseling, problem solving, skills training and discussion of other treatment options. • Behavioral therapy sessions are 75-minute sessions once a week. • Individual evaluation appointments with the tobacco cessation specialist are required for those wishing to participate in Options. <p>You may join the group at any time. You must complete an evaluation six to 12 days before attending your first group session. Payment is required at the time of the evaluation.</p>

Good Samaritan Regional Medical Center Corvallis, Ore. www.samhealth.org	541 768-5111
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Contact number	Program name	Program length	Total hours	Program description
877-768-7867	Tobacco Cessation	4 weeks	8 hours	<p>Before classes begin, clients decide with their physicians if they should use nicotine replacement products and/or prescription medications such as Bupropion (Zyban) and Varenicline Tartrate (Chantix) to help them quit. During classes participants review personal attempts at quitting, develop healthy lifestyle changes, set a quit date and plan relapse prevention. Start the four-week course series at any time. An ongoing support group is also available for as long as you need it.</p>

Lake District Hospital **541-947-2114**
Lakeview, Ore. **866-543-4325**
www.lake-health.com

Contact number	Program name	Program length	Total hours	Program description
541-947-2114 x284 Jack Veen	Smoke Enders Program			Please call for information through the Cardio Pulmonary Department.

Peace Harbor Hospital **541-997-8412**
Florence, Ore.
www.peacehealth.org

Contact number	Program name	Program length	Total hours	Program description
800-784-8669	Oregon Tobacco Quit Line			

Pioneer Memorial Hospital **541-447-6254**
Prineville, Oregon
www.cascadehealthcare.org

Contact number	Program name	Program length	Total hours	Program description
541-447-6254 Sharon Vale	Smoking Cessation – Fresh Start	4 sessions/2weeks		Are you tired of smelling like an ashtray? Do you want to enjoy life free from cigarettes, cigars, pipe or chewing tobacco? Are you looking for the skills, support and information you need to quit? If you answered yes, this course is for you. Classes are formed on an on-going basis. Offered through Cascade Health.

Salem Hospital **503-370-5200**
Salem, Ore.
www.salemhospital.org

Contact number	Program name	Program length	Total hours	Program description
503-561-5138	FreshStart Smoking Cessation Classes	4 weeks	4 hours	In this four week program, designed by the American Cancer Society, you will learn about tobacco addiction, effective strategies for quitting, how to manage stress, and tips for healthy living for you and your family.

Samaritan Lebanon Community Hospital **541-258-2101**
Lebanon, Ore.
www.samhealth.org

Contact number	Program name	Program length	Total hours	Program description
877-768-7867	Tobacco Cessation	4 sessions	8 hours	Before classes begin, clients decide with their physicians if they should use nicotine replacement products and/or prescription medications such as Bupropion (Zyban) and Varenicline Tartrate (Chantix) to help them quit. During classes participants review personal attempts at quitting, develop healthy lifestyle changes, set a quit date and plan relapse prevention. Start the four-week course series at any time. An ongoing support group is also available for as long as you need it. Preregistration and physician referral required.

Tuality Community Hospital **503-681-1111**
Hillsboro, Ore.
www.tuality.com

Contact number	Program name	Program length	Total hours	Program description
503-681-1700	Life After Tobacco Support Group	First & third Monday of each month	1 ½ hours	Tobacco is an expensive habit—and becoming more expensive all the time! With recent tax increases, many people are deciding that there’s never been a better time to quit. Group support can be key to staying tobacco-free. Each group session, facilitated by a licensed clinical social worker, provides the support and encouragement you may need for your own success. Registration not required.
	Living Tobacco-Free	2 sessions	3 hours	This two-week starter program, taught by Lauren Stillman-Smith, MSW, LCSW, smoking-cessation instructor for Tuality Healthcare, helps you gain confidence to put cigarettes behind you for good. Using techniques and concepts developed by the Mayo Clinic and the American Lung Association, you will learn motivational tools to manage urges and prevent relapse. Group sessions address nicotine withdrawal, behavior modification, stress management, coping skills, weight management, and medication options. Learn to design your own Personal Quit Plan to support your goal to remain tobacco-free! Nicotine patch vouchers good for four weeks are included.