

A woman with dark hair tied back, wearing a grey and white striped long-sleeved shirt and blue jeans, is sitting on a light-colored couch. She is holding a bright yellow mug in her left hand and a black smartphone in her right hand, looking down at the screen. The background is softly blurred, showing a window with light coming through. The overall mood is calm and focused.

Freedom from tobacco

# Kick the habit

Thinking about quitting tobacco use? Success in quitting depends on addressing your physical and emotional addiction. A class, phone counseling, or an online program can help. Coverage for medication therapy may be available, depending on your benefit plan.

## Freedom from Tobacco – 6 sessions

### For Kaiser Permanente members who are interested in quitting tobacco

Develop a personal plan for ending your dependence on tobacco products.

Learn strategies to overcome cravings, resist temptations, and better handle stress – without relying on tobacco.

6 sessions, 1.5 hours each

No fee for Kaiser Permanente members

Note: This class includes a planned quit date during the 2nd week.

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

**Note:** *Please register for only the first session of a class.* When you schedule online, [kp.org](https://kp.org) will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to [kp.org](https://kp.org) and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Freedom from Tobacco – 1 session

### For Kaiser Permanente members who are interested in quitting tobacco

Get an overview of strategies and resources to help you harness your power to quit tobacco.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Freedom from Tobacco – Webinar

### For Kaiser Permanente members who are interested in quitting tobacco

Get an overview of strategies and resources to help you harness your power to quit tobacco.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



Follow [@QuitandStayQuit](https://twitter.com/QuitandStayQuit) on Twitter

Get tips and support as you declare your freedom from tobacco!

## **NEW!** Quitting Tobacco and Vaping – online group coaching

### **For Kaiser Permanente members 18 and older**

Develop a plan to quit and stay quit.

Join this online program on quitting tobacco and vaping, led by a certified health coach. In this group, you will develop a plan based on your unique lifestyle to support what's most important to you and increase your likelihood to maintain long-term success. Group coaching draws on inner knowledge and brings with it the wisdom of the group to increase success for all.

4 sessions, 1 hour each

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

**Note:** *Please register for only the first session of a class.* When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Telephone Coaching

### **For Kaiser Permanente members who are thinking about quitting tobacco**

Whether you're ready to quit or just thinking about it, health coaches are available for support. We help with tobacco cessation medications, answer questions, and listen respectfully. When you are ready, we will help you create a plan and support you through the rough spots.

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Select "Health Coach" then follow the prompts to set up your appointment.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



**Talk with a health coach  
about your options for  
quitting tobacco**

Please call and select option 2

- From Portland 503-286-6816
- From all other areas 1-866-301-3866

### **Want to know more?**

- Visit **kp.org/healthengagement/quittingtobacco**.
- Check out the online management programs at **kp.org/healthylifestyles**. They are for Kaiser Permanente members at no additional cost.