

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 – Six sessions

Declare your freedom! Develop a personal strategy for ending your dependence on tobacco products. Explore the behavior changes that will help you overcome cravings, resist temptations, and better handle stress – without relying on tobacco. The class includes a Cultivating Health® *Freedom from Tobacco Kit*.

6 sessions, 1.5 hours each

Free for Kaiser Permanente members

Nonmembers \$95

Please note: This class includes a planned quit date for all participants during the second session.

Freedom from Tobacco – One session

You have the power to quit using tobacco. But you may need a bit of help understanding how the process of change works. Learn about motivational tools, triggers that tempt, and barriers that hold you back in this seminar. Participants will receive the *Freedom from Tobacco Kit* to help you design your own quitting plan.

1 session, 1.5-2 hours

Free for Kaiser Permanente members

Nonmembers \$30

Freedom from Tobacco – Webinar

This program is similar to Freedom from Tobacco – One Session, but in a supportive group setting online. Participants receive the Cultivating Health® *Freedom from Tobacco Kit* to help you design your own quitting plan.

1 session, 1 hour

Free for Kaiser Permanente members

Nonmembers \$30

Telephone Coaching

Create a plan for quitting tobacco use and get ongoing support with a tobacco-cessation coach.

Free for Kaiser Permanente members

Nonmembers \$180



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 (toll free)
1-866-301-3866



Want to know more?

- Visit kp.org/healthengagement/quittingtobacco.
- Check out the free online program at kp.org/breathe for Kaiser Permanente members.
- Follow twitter.com/QuitandStayQuit for tips and support as you become a former tobacco-user.
- Use a Cultivating Health *Freedom from Tobacco Kit* to create your own quit plan (see page 26).

