

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

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

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.

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

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.



Follow **@QuitandStayQuit** on Twitter
Get tips and support as you declare your freedom from tobacco!

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

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.



Want to know more?

- Visit kp.org/healthengagement/quittingtobacco.
- Check out the free online program at kp.org/breathe for Kaiser Permanente members.

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

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.



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