



Freedom from tobacco

# Kick the habit

Thinking about quitting tobacco, vaping, or nicotine use? Success in quitting can depend 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 – webinar

**For Kaiser Permanente members 18 and older 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 and make your selections to finish registering.

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

## 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 help 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](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

**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.



**Follow @QuitandStayQuit on Twitter**

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

## Telephone Coaching

### For Kaiser Permanente members 18 and older 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](https://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 for a phone or video call.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 2.

## E-visits\* for Quitting Tobacco

### For Kaiser Permanente members 18 and older

Complete an online questionnaire and receive an action plan from a Kaiser Permanente clinician in a few hours. It will cover successful ways to quit smoking, vaping, or chewing. This may include at-home treatments, prescriptions, or recommendations to make an appointment for virtual or in-person care.

Start an e-visit at [kp.org/evisits/nw](https://kp.org/evisits/nw).

## Want to know more?

- Visit [kp.org/healthengagement/quittingtobacco](https://kp.org/healthengagement/quittingtobacco).
- Check out the online wellness programs at [kp.org/healthylifestyles](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Find programs and services near you at [kp.org/communityresources](https://kp.org/communityresources). Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Use the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for nicotine recovery, pain, stress, sleep, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

\*Only available to Kaiser Permanente members with medical coverage.

\*If you have an HSA-qualified deductible plan, you will need to pay the full charges for e-visits, phone visits, and video visits until you reach your deductible. Once you reach your deductible, your copay is \$0 for scheduled phone and video visits.