

READY TO QUIT?

Choosing to be tobacco free can be difficult. To improve your chances of success, we offer several options.

Kaiser Permanente members who enroll in these programs qualify to receive medications which can help them quit at no cost.



LET US HELP

HAWAII STATE QUIT LINE: 1-800-QUIT-NOW (1-800-784-8669)

The Quitline provides services to anyone who lives in Hawaii and wants to be tobacco free.

- Telephone coaching sessions,
- Open 24 hours per day, seven days a week,
- Encouraging text message support,
- Visit clearthesmoke.org to enroll in the online program.
- Free for Kaiser Permanente members,
- A free two-week supply of nicotine gum or patches are available for Kaiser Permanente members,
- Kaiser Permanente members can call 643-4622 to refill their prescription. Medications to help you quit are available at no charge to you.

If you have questions about any of these smoking cessation options, call:

643-4622

KP.ORG'S HEALTHMEDIA® BREATHE™ (Online tobacco free program)

Log on to our award-winning website to access HealthMedia® Breathe™.

This free, online program gives you a complete look at why it's hard to quit smoking, supports your motivation to give up the habit, and identifies some key areas that can help you succeed, including:

- Boosting self-confidence,
- Coping with stress,
- Dealing with urges,
- Finding healthy alternatives to smoking,
- Getting support from family and friends,
- Log on to: kp.org/breathe.

FREEDOM KIT: 808-432-2260

Call for a free easy-to-use kit that can help you be tobacco free. This includes:

- A guide to quitting on your own,
- Tips on staying tobacco free,
- Resources to support your quit plan.

KAISER PERMANENTE TOBACCO-FREE TELEPHONE COUNSELING: 643-4622

Certified counselors will provide support to help you become tobacco-free. Develop a quit plan and learn about medications and tips to make quitting easier during these convenient telephone sessions.

- Get four telephone coaching sessions. Additional appointments are available if you want more counseling.
- Appointments available Monday through Friday, 8 a.m. to 3 p.m.
- No charge for Kaiser Permanente members,
- Medications to help you quit are available at no cost to you.

TOBACCO-FREE WORKSHOP: 643-4622

This one-hour workshop provides a positive, no-pressure setting to help you develop your own quit plan. Learn how to get support and prevent relapse. Medications to help you quit are also discussed.

- No charge for Kaiser Permanente members,
- Includes two follow-up telephone counseling sessions to support you during your quit plan,
- Medications to help you quit are available at no cost to you.



KAISER PERMANENTE TOBACCO-FREE HOTLINE: 643-4622

- Schedule an appointment,
- Get information about how to quit,
- Learn about medications that can help you quit.



KAISER PERMANENTE®

kp.org

THINKING ABOUT QUITTING **TOBACCO?**



YOU CAN DO IT.
WE CAN HELP.

 KAISER PERMANENTE®