

# SO YOU'VE FINALLY DECIDED TO KICK BUTT!

And we have a variety of resources to help you quit for good.

## WELLNESS COACHING BY PHONE

Get the motivation and support you need to take an active role in your health with our Kaiser Permanente wellness coaches. Your personal coach can increase your likelihood of success by helping you create — and stick with — a plan to quit tobacco. If you're not quite ready, you can work with a coach to increase your readiness. You and your coach talk one-on-one by phone at a time that's convenient for you. Wellness coaching is available weekdays from 9 a.m. to 10 p.m. Call **1-866-862-4295** (toll free) to get started. Coaching is available in English and Spanish.

**Fee:** Wellness coaching is available to Kaiser Permanente members at no cost.

## MEDICATION THERAPY

**Nicotine Patch Benefit\*\*** – Think that nicotine replacement therapy is right for you? Then talk to your physician about the nicotine patch, which is now available for commercial (non-Medicare) members with a prescription at all Kaiser Permanente and affiliated pharmacies.

**Fee:** No charge.

**Bupropion SR\*\* (Generic for Zyban)** – Need more help with quitting? Talk to your physician about writing you a prescription to help lessen your withdrawal symptoms. Use Bupropion alone or with nicotine replacement therapy. Available at all Kaiser Permanente and affiliated pharmacies.

**Fee:** No charge.



## ONLINE HELP

**Kp.org/breathe** – How many times have you told yourself you would quit smoking if only you had some help? Breathe™ will create a personalized quitting plan with strategies for decreasing your dependency, dealing with cravings, and quitting for good. This award-winning smoking cessation program has helped others succeed, and it can help you too! What are you waiting for?

**Fee:** No charge

**Kp.org/listen** – We have joined forces with Health Journeys to bring our members guided imagery audio programs. Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit to help you quit smoking. You can listen to the “stop smoking” program through our website or download it to an MP3 player or iPod and listen to it at a later time.

**Fee:** No charge

**Kp.org/quitsmoking** – Wondering where to turn? If you're thinking about quitting, are a concerned family member or friend of a smoker, or a former smoker looking for support, you're in the right place! The resources here can help you break the habit – whether you're thinking of quitting, trying to quit or have already quit and want to make sure you stay quit.

**Fee:** No charge

## PRINT MATERIAL

**Kaiser Permanente Healthwise® Handbook** – Our self-care guide contains information on more than 200 common health conditions, from asthma and weight loss to smoking cessation. If you have not received a copy, please call Customer Relations at 216-621-7100 or 1-877-676-6677 TTY/TDD.

**Fee:** No charge

\*\*Please discuss the safety of using smoking cessation medications like Bupropion and the Nicotine Patch with your physician.

[kp.org](http://kp.org)