

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 for Kaiser Permanente members

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

To register, sign on at kp.org/appointments.

Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

Note: Please register for only the first session of a class. When you schedule online, 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 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.

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 for Kaiser Permanente members

To register, sign on at kp.org/appointments.

Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

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



Follow [@QuitandStayQuit](https://twitter.com/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 for Kaiser Permanente members

To register, sign on at kp.org/appointments.

Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

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

Want to know more?

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

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 for Kaiser Permanente members

To register, sign on at 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.

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**