

# TOBACCO CESSATION PROGRAM

## FOR KAISER PERMANENTE OEBB MEMBERS

### Are you ready to kick the habit?

Our Tobacco Cessation Program for OEBB members can help. Start by talking to a wellness coach to access the benefit. Then use one or all of the other resources listed here.

#### Wellness coaching by phone

Members can start using the Tobacco Cessation Program by talking with one of our wellness coaches. Call us Monday through Friday, 8 a.m.–5 p.m.

Portland area . . . . . 503-286-6816 (option 2)

All other areas (toll free) . . . . . 1-866-301-3866 (option 2)

Wellness coaches can assess your readiness to quit. They can also help you make the change and arrange for care and follow-up. You'll be able to address lifestyle issues and barriers to change, like worries about weight gain, which can help you be more successful. **Free to OEBB members.**

#### "Freedom from Tobacco" — 6-session series or single-session workshop

Classes are led by a health educator to help you develop a personal strategy for ending your dependence on tobacco and exploring the behavior changes that will help you overcome cravings, resist temptations, and better handle stress. Our 6-session class consists of 1.5-hour sessions and support over a 6-week period. Our single-session workshop provides an overview of the quitting process and is available as an in-person class or a convenient online webinar. You also get a Cultivating Health® *Freedom From Tobacco Kit*, to help you process and remember what you learned. **Free to OEBB members.**

To register, call us Monday through Friday, 8 a.m.–5 p.m.

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#### HealthMedia® Breathe®

HealthMedia Breathe is an interactive online smoking cessation program. Email reminders and other tools help you quit for good. Just log on to [kp.org/breathe](http://kp.org/breathe). You must be registered on [kp.org](http://kp.org) to access the program.

**Free to OEBB members.**

#### QuitandStayQuit Twitter messages

QuitandStayQuit is a Twitter account that offers tips, reminders, and a little inspiration to help you stay focused on your journey to a tobacco-free life. This account is powered by Kaiser Permanente Health Engagement and Wellness Services. Follow us at [Twitter.com/QuitandStayQuit](https://twitter.com/QuitandStayQuit). **Free to OEBB members.**

#### Medication therapy

There are medications available that can lessen the physical urge to use tobacco. In fact, statistics show that when used with support, medication therapy will double your chances of quitting tobacco for good.

You may be able to receive coverage for drug therapy for tobacco cessation. For more information, call one of our wellness coaches, Monday through Friday, 8 a.m.–5 p.m.

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