

Resources

American Cancer Society

www.cancer.org

Working every day to free the world from the pain and suffering from cancer through healthy lifestyles, research, support, policy change and access to care.

American Lung Association

www.ffsonline.org

Online support, information on resources and insurance coverage, and training opportunities.

Your smoke-free
life starts here.



It's Never Too Late To Quit Smoking.

Free and low-cost resources for
Pierce County residents.

Have questions? Contact us!

(253) 798-6470

www.tpchd.org/quit

3629 S. D St., MS 1062

Tacoma, WA 98418





Tools and resources to help you kick the habit.

Quit Tobacco

Quitting tobacco is one of the best things you can do for your health.

There are tools and resources to help you make a plan and kick the habit.

Smoking-cessation products can make quitting easier and help you stop for good.

You're more than twice as likely to quit when you use prescription medication and get professional support than trying to quit on your own.

Apps

There are many smartphone applications designed to help you quit smoking. Some are based on best practices and others are not.

If you think an app will help you quit, check out your App store, do some research and give it a try.

Free Resources to Quit

Become an Ex

www.becomeanex.org

An interactive website and texting program. Develop a quit plan and get information on support, addiction and how to change habits.

Freedom from Tobacco

Weekly support groups at:

- St. Anthony Hospital in Gig Harbor.
- St. Clare Hospital in Lakewood.
- St. Joseph Medical Center in Tacoma.

To confirm time and location, contact Heidi Henson at barefootheidi@mindspring.com or call (253) 223-7538.

MultiCare Health System

www.multicare.org/tobacco-cessation

Self-help cessation guide.

Smokefree Teen

<http://teen.smokefree.gov>

Information, resources and apps to educate teens interested in quitting tobacco.

Health Insurance

According to the Affordable Care Act all Health Insurance Marketplace plans cover tobacco cessation treatment. They offer free resources for up to two quit attempts per year:

- Four sessions of phone, individual and group cessation counseling.
- 90 days of FDA approved prescription medication for tobacco dependence.

Contact the Washington State Health Commissioner if your insurance doesn't provide this benefit.

Telephone Quit Lines

Washington State Quitline

www.doh.wa.gov/smartquit

(800) QUIT-NOW (784-8669)

TTY: (877) 777-6534

Spanish: (855) 335-3569

Counseling with quit coaches, nicotine gum and patches, depending on insurance coverage.

Asian Smokers' Quitline

www.asiansmokersquitline.org

Free nationwide self-help materials, counseling and two-week nicotine patch starter kits.

Chinese Quit Line

(800) 838-8917

Korean Quit Line

(800) 556-5564

Vietnamese Quit Line

(800) 778-8440

Today is a great day to quit.

