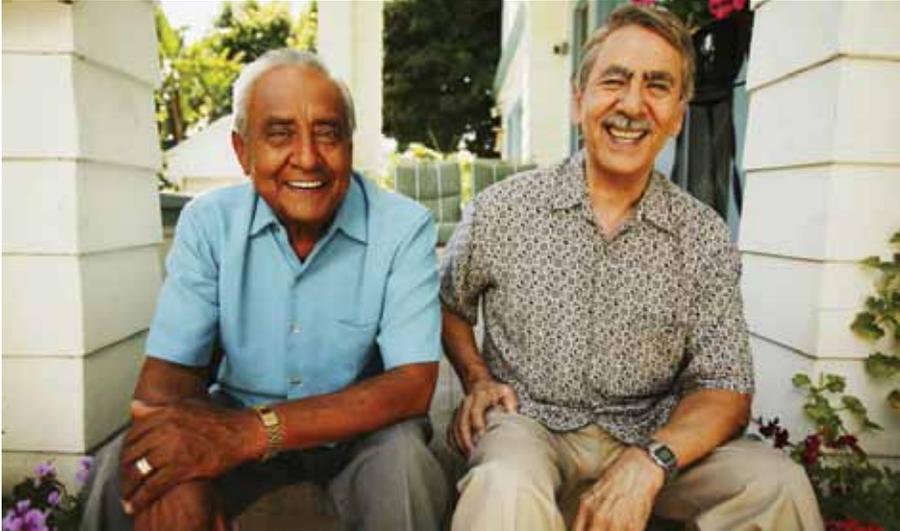


Staying Healthy

Tobacco Cessation

KAISER PERMANENTE • NAPA SOLANO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



Make a Plan. Get Support.

Telephone Wellness Coach

Reach your health goals with wellness coaching. Increase your motivation, identify effective strategies, medications, and get support to make an effective quit plan. You and your coach talk one-on-one by phone, when it's convenient for you. English and Spanish available. Learn more at kp.org/mydoctor/wellnesscoaching

Fee: No fee. Members only.

Contact: 1-866-251-4514 6 a.m. to midnight daily to schedule a coaching appointment.

Quit Tobacco Workshop (1 session)

This one-session workshop is designed to help you develop your own quit plan. In a positive no-pressure environment, learn about the nature of addiction, cessation strategies and medications, and ways to prevent relapse. Open to the community.

Fee: No fee for members; \$25 nonmembers

Location: Vacaville, Fairfield, Vallejo, and Napa

Freedom From Tobacco (7 sessions)

Declare your freedom and join our tobacco cessation program. Learn about the nature of nicotine addiction, how to develop a personal quit plan, and how to deal with withdrawal. Open to the community.

Fee: No fee for members; \$60 nonmembers

Locations: Vacaville, Fairfield, Vallejo, and Napa

Smoker's Telephone Helpline (1-800-NO-BUTTS)

- Free, confidential telephone counseling.
- Convenient hours: days, evenings, weekends
- Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/ TTY

Your Health Online Shortcuts to better health

kp.org/mydoctor – My Doctor Online

- Choose and email your doctor
- Get online programs, videos, podcasts, and recommended information from your doctor

kp.org/mydoctor/stayinghealthy

- Find information on strategies and medications for **Quitting Tobacco**

kp.org/tobaccomedications

- Learn about the quit tobacco medications available to you. What are they? How do you use them? Who shouldn't use them?

kp.org/quitsmoking

- Find information on strategies and medications for **Quitting Tobacco**

kp.org/healthylifestyles

- BREATHE: personalized assessments and smoking cessation program

kp.org/healthcoach –

- Online health coaching programs

kp.org/espanol

- Information in Spanish

Ready to Register?
**Call the Health Education
Department or stop by one of our
locations.**

Fairfield: 707-427-4466

Napa: 707-258-4490

Vacaville: 707-624-2225

Vallejo: 707-651-2692

 **KAISER PERMANENTE®**