Boulder Community Health

PATIENT EDUCATION

Quitting Smoking

Quitting tobacco products is a journey and may take several attempts, but there are resources to help. Coaching, nicotine replacement therapy, and social support can all be important aspects of the quitting process and are offered in many of the programs included below.

Talk to your doctor about quitting and check with your insurance to see what medications are covered. Quitting often takes several different approaches, many of which are covered by insurance or offered for free or at a low cost.

Resources
1. Colorado QuitLine: • The Colorado QuitLine provides support both online and over the phone. Both are free. • When you call or visit QuitLine online, you get access to special tools and tips for quitting, 8 weeks of free coaching sessions, and nicotine replacement therapy. You also become part of a community of other people who are trying to become tobacco-free. • The QuitLine also provides you with a self-help guide for quitting, follow-up phone calls from a *Quit Coach*, and a free supply of nicotine patches, gum, or lozenges. • Their website is www.coquitline.org • Their telephone number is 1-800-QUIT-NOW (1-800-784-8669). • If you aren't a Colorado resident, you can access the QuitLine for your state by calling the number listed above. Tell them what state you live in and they will transfer you to the correct QuitLine.
2. American Cancer Society: • Provides resources for quitting. • Their website is https://www.cancer.org/healthy/stay-away-from-tobacco.html • Their telephone number is 1-800-227-2345
3. American Heart Association: • Provides resources for quitting. • Their website is https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco • Their telephone number is 1-800-242-8721
4. American Lung Association: • Provides resources for quitting. • Their website is http://www.lung.org/stop-smoking/?referrer=http://www.lung.org/ • Their phone number is 1-800-LUNG-USA (1-800-586-4872)
5. Nicotine-Free Support Group • For more information go to https://www.uchealth.org/services/smoking-cessation/

Talk to your doctor or nurse if you have any questions or concerns.

This material is for informational purposes only. It does not replace the advice or counsel of a physician or health care professional. BCH makes every effort to provide information that is accurate and timely, but makes no guarantee in this regard. You should consult with, and rely on the advice of your physician or health care professional.

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