



TOBACCO CESSATION

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Health Education	A Health Educator will work with you to set goals to help you get ready to quit smoking, quit, and stay quit. .	Health Education 408-851-3800
Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7:30pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514
California Smoker's Helpline	Free, confidential telephone counseling. Convenient hours; days, evenings, weekends. Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/TTY	(1-800-300-8086) Kickitca.org

ONLINE CLASSES

Healthy Habits for Life: Eat Better, Sleep More, Stress Less and Connect	Six 2-hour sessions. For patients that are eagerly looking to improve their wellness habits by setting weekly SMART goals and engaging in group conversations. Covers healthy eating, physical exercise, sleep, avoiding risky substances, reducing stress, and connecting with others.	Health Education 408-851-3800
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ONLINE RESOURCES

Quit Tobacco	An overview of quitting tobacco. Information includes the benefits of quitting, wellness coaching, medications for quitting and other support for quitting tobacco.	kpdoc.org/quittingtobacco
Quit Tobacco Medications	An online program to learn about medications that can help you quit smoking.	kpdoc.org/tobaccomedications
Quit Smoking with Breathe™	Give yourself the winning edge with our free healthy lifestyle programs for KP members 18 years and older. The online programs can help you create an action plan to reach your health goals.	Kp.org/healthylifestyle
Wellness	Take time for self-care. Explore our broad range of self-care resources – including apps, audio activities, articles, and more- designed to help you thrive in mind, body, and spirit.	kp.org/selfcareapps

Medications for Quitting

All KP NCAL members can receive over the counter (OTC) nicotine replacement therapies (NRT) at no cost share with a prescription. If you're interested in trying a medication for smoking cessation, please talk to your physician.