

Kaiser Smoking Cessation

- **Kaiser's online program:** HealthMedia Breathe-is a free online program that helps give members a complete look at why it's hard to quit smoking and supports your motivation to give up the habit. The program has successfully helped 58% of its participants stop smoking.
- **Medications:** Participation in a quit tobacco program, use of medications (such as the [nicotine patch](#) and [bupropion](#)), or a combination of the two have been proven to improve your chances of quitting. Smoking cessation products are covered under member's drug benefit when deemed medically necessary by their physician.
- **Counseling-**Studies show that people who participate in tobacco cessation counseling have a better chance of quitting successfully. In clinical trials, 30 to 90 minutes of counseling (can be over multiple sessions) improves quit rates threefold, or by 300%.
- *Individual counseling* is available in many of our facilities through the Health Education and Behavioral Health departments. See your facility directory at kp.org to see if there is a Health Education or Behavioral Health department offering this service.
- **Phone counseling:** Kaiser recommends the National Network of Tobacco Cessation Quitlines at 1-800-784-8669 (1-800-QUIT NOW) (toll free) for free phone support.
- **Health classes:** Kick the habit for good! Learn a variety of techniques to help you become smoke-free in our classes at our medical facilities. See kp.org for classes nearest you.
- **Additional Information:** Search "Quit Smoking" at kp.org for a variety of useful tools and information for quitting in our health encyclopedia.