

A Few Words About Smoking Cessation Aids...

What are they?

You may have heard about people who have quit smoking using nicotine patches or a drug called Bupropion SR (also known as *Wellbutrin SR* and *Zyban*). These are “smoking cessation aids” - drugs that help some people to quit by easing the symptoms of nicotine withdrawal.

Will they help me quit smoking?

Using a smoking cessation aid has shown to help people quit smoking by relieving some of the physical symptoms of nicotine withdrawal. Just as important is learning to handle the situations in which you used to smoke—when you have an urge, feel stressed, or out with friends. Smoking cessation classes, individual counseling, and self-help materials like those listed in this brochure are key to successful quitting.

How do I decide whether to use one?

Everyone who is trying to quit may benefit from using a smoking cessation aid. Your doctor, nurse, or clinical health educator can help you decide if a smoking cessation aid is right for you. Like all drugs, they are not safe or appropriate for everyone; you will need to be screened by Kaiser Permanente staff before receiving a prescription.

Does Kaiser Permanente cover them?

If you have a supplemental drug benefit as part of your health plan, Kaiser Permanente will cover your prescription and you will only have to pay your usual copay, provided that you use it in conjunction with a Kaiser Permanente approved quit smoking program, class, etc. The programs marked with an asterisk (*) in this brochure have been approved for this purpose. The instructor will provide you with a verification form to take with you to the pharmacy so you will only get charged the copay.

Quit Tips You Can Use

- Set your quit date and prepare for the transition.
- Be aware of smoking patterns and identify trigger locations, people, and activities. For example, if you usually smoke after dinner, instead go for a quick walk.
- Explore your motivations for quitting and carry a list of those reasons with you.
- Start an exercise program to help manage stress, offset depression, combat urges, and control weight.
- Try the “buddy system,” and ask a friend or family member to quit, too.

On Quit Day...

- Tell everyone you are quitting cigarettes.
- Smoke your last cigarette, and say good-bye.
- Dispose of all tobacco products, including lighters, ashtrays, and cigarettes.
- Lay in a supply of sugarless gum, carrot sticks, straws, etc.
- Drink lots of water to help eliminate nicotine from your system, but pass up coffee and alcohol.
- When the urge to smoke hits, take a deep breath, hold it for 10 seconds and release it slowly.

Congratulations on choosing to become an ex-smoker!



Want to Quit?

Quitting smoking is one of the best things you can do for your health and for the health of your family. Kaiser Permanente Hayward/Fremont offers the following programs to help you quit for good:

Classes and Counseling Programs:

*Freedom from Tobacco

Seven (7) sessions. Focus on quitting tobacco permanently through behavioral awareness and group support. FREE for Kaiser Permanente members, \$75 for nonmembers

*Quit Smoking Now! Program

Three (3) session quit class for those highly motivated to quit. FREE for Kaiser Permanente members, \$35 for nonmembers.

*Quit Smoking Workshop

Single session quit class provides encouragement and the tools to kick the habit. For those ready to quit. FREE for Kaiser Permanente members, \$25 for nonmembers.

*Clinical Health Educators

Individualized counseling to help you develop a quit plan. Same copay as medical appointment. Call 784-6051 for an appointment in Union City Call 248-3917 or 248-3733 in Fremont

* **Spanish speaking Clinical Health Educator available in Fremont at 248-3733.**

Self-Help Options

The Health Education Center has books, tapes, pamphlets, and videos to help you quit on your own. Stop by for a visit!

**To register for classes, please call the Health Education Center
Hayward/Union City: 784-4531,
Fremont: 248-3455**

See description inside...

** Approved for smoking cessation aid coverage*

**Kaiser Permanente Hayward/Fremont
Smokers' Infoline ☎ (510) 784-6016**



More Resources to Help You Quit

California Smokers' Helpline*

- ☎ 1-800-NO BUTTS (English)
- ☎ 1-800-45-NO-FUME (Spanish)
- ☎ 1-800-400-0866 (Mandarin/Cantonese)
- ☎ 1-800-778-8440 (Vietnamese)
- ☎ 1-800-556-5564 (Korean)
- ☎ 1-800-933-4TDD (Hearing Impaired)
- ☎ 1-800-844-CHEW (Chewing Tobacco)

Free, one-on-one phone counseling, materials, quit kits.

Calling It Quits for Good

- ☎ (510) 889-5078

Multi-session stop smoking class offered by Eden Hospital in Castro Valley.

Smoking and Tobacco Cessation After Care Support Groups

"No Butts About It"

- ☎ (510) 785-1210

Meets at Kaiser Hayward

"Ash Kickers"

- ☎ (510) 657-8210

Meets at Kaiser Fremont

St. Helena Health Center

- ☎ 1-800-358-9195

Seven day live-in stop smoking program.

Nicotine Anonymous Telephone Hotline

- ☎ (408) 236-2196 (South Bay)
- ☎ (415) 995-1938 (San Francisco)
- ☎ (510) 658-5323 (East Bay)

Meetings and support for those who want to quit.

American Cancer Society

- ☎ (800) ACS-2345 (800-227-2345)

☎ <http://www.cancer.org/tobacco/>

Free materials, information, and referrals.

American Lung Association

- ☎ 1-800-LUNG-USA (800-586-4872)

Locations of "Freedom from Smoking" group classes throughout the country.

Cancer Information Service

- ☎ 1-800-4-CANCER

Free materials, advice, referrals for quitting smoking.

Kaiser Permanente Healthwise Handbook

- ☎ 1-800-464-4000 (English)

- ☎ 1-800-788-0616 (Spanish)

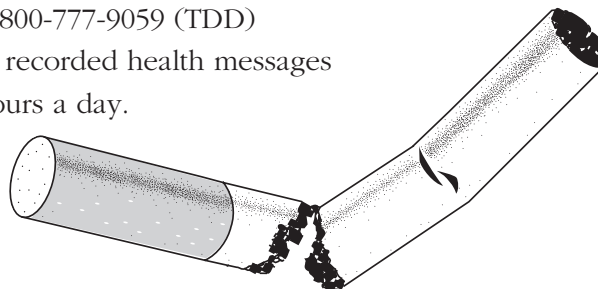
Has tips and information about quitting smoking. Also has information on exercise, nutrition, and stress management. Free to Kaiser Permanente members. Call the number above if you don't have a copy.

Kaiser Permanente Health Phone

- ☎ 1-800-33 ASK ME (English/Spanish)

- ☎ 1-800-777-9059 (TDD)

Free, recorded health messages
24 hours a day.



The No Smoke Café

☎ <http://clever.net/chrisco/nosmoke/cafe.html>

A "virtual café" on the internet to chat with ex-smokers and others wanting to quit.

Kaiser Hayward/Fremont Smokers' Infoline

(510) 784-6016

Offers detailed descriptions of Kaiser Permanente programs and services for smokers interested in quitting. Includes information about classes, individual counseling, self-help resources, nicotine patch, bupropion SR (*Wellbutrin*), and community resources. Also in Spanish.

New! Hayward and Fremont Web sites!
Receive more information on Health Education Programs.

<http://Hayward.KP.org> or

<http://Fremont.KP.org>

<http://kp.org/healthylifestyles> - Stop smoking for good with Health Media Breathe kp.org/quitsmoking

Spanish Web site:

<http://kp.org/espanol>

Información y consejos sobre la salud-Planes para dejar de fumar