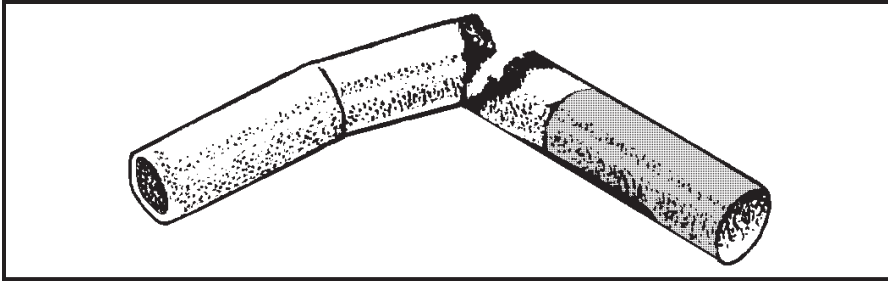


Smoking *and* Tobacco Cessation Services

KAISER PERMANENTE • FREMONT / HAYWARD / UNION CITY • HEALTH EDUCATION DEPARTMENT



FREEDOM FROM TOBACCO PROGRAM*

This 7-session program focuses on quitting permanently through behavioral change. Nicotine Patch available.

- Offered various days of the week, 6:30 to 8:30 p.m.
- **No charge for Kaiser Permanente members/** \$75 for nonmembers.

QUIT TOBACCO WORKSHOP*

This 1-session, 3-hour program provides the tools and confidence needed to kick the habit. Nicotine Patch available.

- Offered Saturdays
- **No charge for Kaiser Permanente members/** \$25 for nonmembers.

SELF-HELP OPTIONS

- **Clinical Health Educators* can work with you one-on-one to help you develop your own quit plan. Call your doctor or the Health Education Center for a referral. Nicotine Patch and Welbutrin (Zyban) pill available.**
- Free, personalized phone counseling is available through the California Smokers' Helpline*. Call 1 (800) 662-8887.
- The Health Education Center has a wide selection of self-help books, pamphlets, and videos. Stop by for a visit!

***Please see back for more information.**

**READY TO BREAK
THE HABIT?
...OR QUIT AGAIN?**
Health Education has
a variety of programs
and materials designed
just for you!

Drop by one of our
Health Education
Centers
or call us at:

Hayward/Union City:
(510) 784-4531

Fremont:
(510) 248-3455

**Spanish individual
counseling in Fremont
with Clinical Health
Educator**



KAISER PERMANENTE®

Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health. These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:
kp.org
fremont.kp.org
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

Smoking Cessation Aid Coverage

Kaiser Permanente wants to support you in your efforts to quit smoking. For some members, this may include the use of a smoking cessation aid such as the nicotine patch and/or Welbutrin (Zyban) pill.

Programs with an asterisk (*) have been approved by Kaiser Permanente for smoking cessation aid drug benefit coverage. To qualify, members must have a supplemental drug benefit and participate in one of these programs.

For more information about enrolling in programs, call or visit the Health Education Department.

For more information about smoking cessation aids, see Kaiser Permanente Tip Sheet "Smoking Cessation Aids: What's Best for You?"

LOCATIONS

Location: **Hayward Health Education Center**
27400 Hesperian Boulevard
2nd Floor of the Main Medical Building
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen
Pediatric Health Education Desk**
27303 Sleepy Hollow Avenue
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**
3553 Whipple Road
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**
39400 Paseo Padre Parkway
Niles Building, 1st Floor
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455