

Tobacco Cessation Resources

The CDC reports surveys of U.S. adults consistently document that most smokers want to quit smoking and try to do so. Most people who quit tobacco require repeated attempts before achieving long-term abstinence. The good news is since 2002 there have been more former smokers than current smokers in the U.S. population providing evidence that many smokers who keep trying to quit eventually succeed.

The Surgeon General's Report suggests that counseling programs and medication are effective when used by themselves for treating tobacco dependence, but using the two in combination, however, is even more effective. Since 2014 tobacco cessation including individual, group and phone counseling, and FDA-approved tobacco cessation medicines (prescription and over-the-counter) when prescribed by a healthcare provider, has been covered by health insurance plans, often at no cost to the covered member, removing the financial impact of a quit attempt. Check your medical plan for details.

Quitting is difficult, but former smokers will tell you it is the best thing they ever did.

On the Web:

Oklahoma State Department of Health: Tobacco Stops with Me

www.stopswithme.com

Website with facts and resources about tobacco and resources specific to Oklahomans. Resources to quit smoking, and for special populations, smokeless tobacco, and hookah,



Oklahoma Tobacco Helpline

<http://www.okhelpline.com/>

Free coaching, tips, free nicotine replacements products, and resources

Oklahoma Tobacco Research Center (OTRC)

<http://otrc.stephensoncancercenter.org/Home.aspx>

Funded by TSET, the OTRC offers free tobacco cessation treatment to adults who would like to quit tobacco. Treatment includes counseling with a Tobacco Treatment Specialist either in-person or over the telephone, as well as nicotine replacement therapy (NRT). Individuals also have the opportunity to participate in new and innovative treatment research.

American Cancer Society

http://www.cancer.org/docroot/PED/ped_10_3.asp?sitearea=PED

Answers to frequently asked questions about quitting tobacco and smokeless tobacco

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingResources/Resources-for-Quitting-Smoking_UCM_307934_Article.jsp

Resources for quitting, dangers of smoking quiz

Smoke Free. Gov

www.smokefree.gov

Quit information, instant message counseling, Facebook, phone app

Become an Ex

www.becomeanex.org

This site helps prepare tobacco users for a quit attempt by helping them overcome tobacco triggers and also features a thriving online community where thousands of people share advice and encouragement.

Tobacco Free Life

<https://tobaccofreelife.org/>

Information and tips on how to get started, make a plan and stay tobacco free.

My Last Dip

<https://mylastdip.com/>

A web-based smokeless tobacco cessation project

Chantix and Zyban prescription drugs that may help with the cravings

www.chantix.com

<http://www.everydayhealth.com/smoking-cessation/nicotine-free-smoking-cessation-aids.aspx>

Information on these prescription drugs to quit smoking

Text Message service

Text2Quit

<https://text2quit.com>

This program helps people quit smoking and stay that way. It includes text messages, emails, and access to a personal web portal.

SmokefreeTXT

<https://smokefree.gov/SmokefreeTXT/>

SmokefreeTXT is a mobile text messaging service designed for those who are trying to quit smoking.

For OCU Medical Plan Members:

Aetna Compass and Journeys

www.aetna.com

Log in to the member portal, click TAKE A HEALTH ASSESSMENT and complete the fifteen minute online health assessment called Compass to enroll in one of the Journeys (segment of a program) that make up the Be Tobacco Free Direction (on-line program). Each Journey gives you tasks to choose from to help you gain the skills and confidence to **Be Tobacco Free**. And ... you will be rewarded by Aetna with a \$50 gift card for completion of your Compass and this or any other program annually.

Aetna CVS Minute Clinic

<http://www.cvs.com/minuteclinic/resources/smoking-cessation>

Is a CVS Minute Clinic convenient for you? Minute Clinics offers the smoking cessation program Start to Stop. No appointment necessary, take your Aetna ID and walk in with no cost to you.