

TOBACCO CESSATION PROGRAM FOR OEGB MEMBERS

Are you ready to kick the habit?

Our Tobacco Cessation Program for OEGB members can help. Start by talking to a health consultant to access the benefit. Then use one or all of the other resources listed here.

Talk with a health consultant

Members can start using the Tobacco Cessation Program benefit by talking with a Kaiser Permanente health consultant. Call us Monday through Friday, 8 a.m.–5 p.m.:

Portland area 503-286-6816, select option 2
All other areas 1-866-301-3866 (toll free),
select option 2

Health consultants can assess your readiness to quit. They can also help you make the change and arrange for care and follow up. You'll be able to address lifestyle issues and barriers to change, like worries about weight gain, so you're more likely to be successful.

Free to OEGB members.

Kaiser Permanente Healthwise® Handbook

This reference guide is chock full of valuable health information and even includes a section on quitting smoking. Pick up a copy at the Membership Services desk in any of our medical offices.

Free to OEGB members.

HealthMedia® Breathe™

HealthMedia Breathe is an interactive online smoking cessation program. E-mail reminders and other tools help you quit for good. Just log on to kp.org/breathe. You must be registered on kp.org to access the program.

Free to OEGB members.

Freedom from Tobacco class—six sessions

Six 1.5-hour sessions taught by health educators can help you develop a personal strategy for ending your dependence on tobacco. The fee includes a Cultivating Health® *Freedom from Tobacco Kit*, which will help you process and remember what you learned.

To register, call us Monday through Friday, 8 a.m.–5 p.m.:

Portland area 503-286-6816
All other areas 1-866-301-3866 (toll free)

Free to OEGB members.

Telephone-based counseling

Telephone-based tobacco cessation counseling is available. Create a plan to quit tobacco use and get ongoing support from a counselor. Enroll by calling a Kaiser Permanente health consultant, Monday through Friday, 8 a.m.–5 p.m.:

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Free to OEGB members.

Medication therapy

There are medications available that can lessen the physical urge to use tobacco. In fact, statistics show that when used with support, medication therapy will double your chances of quitting tobacco for good.

You may be able to receive coverage for drug therapy for tobacco cessation if you are enrolled in any of the tobacco cessation programs listed. For more information, call a Kaiser Permanente health consultant, Monday through Friday, 8 a.m.–5 p.m.:

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