

I want to quit.
But it's hard to
do it on my own.
I'm ready now.

Quit smoking today

You have so much to gain if you live smoke-free.
But it can be hard to get there.

Why is it so hard?

Nicotine is a powerful and addictive drug. Smoking is not only a physical addiction, but also becomes part of your daily routine.

When cigarettes are linked with certain events in your day, such as drinking coffee, finishing a meal or visiting friends, it can be hard to change those habits.

My time to quit

Medications can help you quit, but can't do all the work. The most successful quit attempts use both medication and counseling. Join a cessation class and meet others who are facing the same struggles and emotions while trying to quit, or try a phone-based program for one-on-one support.

Providence can help with significant discounts for our members.

Pharmacist-Assisted Smoking Cessation Program

Learn the approach to quit that's right for you and work with a pharmacist who will assess your need for medication and provide it if appropriate.

Free and Clear®

This 12-month telephone-based smoking cessation program offers support through scheduled phone calls, educational materials and free nicotine replacement therapy.

Talk to your doctor

Visit your doctor to decide which approach is right for you. In order to quit successfully, you have to address and overcome both the physical and behavioral challenges of smoking.

Providence Resource Line: 503-574-6595
Tobacco Quit Line at: 1-800-QUIT-NOW (1-800-784-8669)

www.providence.org/php/stopsmoking



Tips to quit smoking:

- Believe in yourself.
- Know the benefits of quitting.
- Don't do it alone. Talk to your doctor first and enlist the support of family and friends.