

Who	What	Information	Cost
<b>BEST METHOD: COUNSELING + MEDICATION   SECOND-BEST METHOD: MEDICATION/NRT</b>			
<b>Inland Northwest Health Services (INHS) Community Wellness</b> 509.232.8138 <a href="mailto:wellness@inhs.org">wellness@inhs.org</a>	<ul style="list-style-type: none"> <li>Nicotine Replacement Therapy (NRT)<sup>†</sup></li> <li>Live and interactive web-based counseling and support</li> <li>Self-help materials</li> </ul>	FREE four week tobacco cessation class as well as education and resources. FREE NRT for under insured and uninsured. Class times, availability & location at <a href="https://wellness.inhs.org/Tobacco-Prevention-Cessation/">https://wellness.inhs.org/Tobacco-Prevention-Cessation/</a>	<sup>†</sup> FREE NRT for under insured and uninsured, while supplies last
<b>Providence Pharmacotherapy Clinic</b> Holy Family: 509.482.3057 Sacred Heart: 509.474.2232	<ul style="list-style-type: none"> <li>In-person counseling and support<sup>†</sup></li> <li>Medication/Nicotine Replacement Therapy (NRT)<sup>†</sup></li> <li>Self-help materials<sup>†</sup></li> </ul>	One-on-one counseling with pharmacist for tobacco cessation including personalized quit plans, goal setting, support, medication prescribing and counseling. Specialized tobacco cessation SCRIPT program available for pregnant women.	<sup>†</sup> Depends on insurance, charity care for under-insured and uninsured
<b>Washington Health Benefit Exchange</b>	<ul style="list-style-type: none"> <li>In-person counseling and support</li> <li>Medication/Nicotine Replacement Therapy (NRT)</li> </ul>	<b>Do you have an individual plan from the Washington Health Benefit Exchange?</b> Call or visit your health plan website. Individual plans cover tobacco counseling, nicotine replacement therapy, & related medications with no out-of-pocket costs.	<b>FREE</b>
<b>Private insurer</b>	<ul style="list-style-type: none"> <li>In-person counseling and support</li> <li>Medication/Nicotine Replacement Therapy (NRT)</li> </ul>	<b>Do you have an employer-based (“group”) insurance plan?</b> Call your human resource office or health plan. Most group plans cover tobacco counseling, nicotine replacement therapy, & related medications with no out-of-pocket costs.	<b>FREE</b>
<b>Community Health Association of Spokane (CHAS) Denny Murphy Clinic</b> 509.444.8200	<ul style="list-style-type: none"> <li>In person counseling and support<sup>†</sup></li> <li>Nicotine Replacement Therapy (NRT)<sup>†</sup></li> <li>Self-help materials<sup>†</sup></li> </ul>	Four week series. Classes are hosted on Fridays. Register in advance. Non-CHAS patients may attend so long as they are accompanied by a CHAS patient.	<sup>†</sup> Depends on insurance
<b>American Cancer Society</b> 866.784.8454 866 QUIT-4-LIFE <a href="http://quitnow.net">quitnow.net</a>	<ul style="list-style-type: none"> <li>In-person counseling and support<sup>†</sup></li> <li>Medication/Nicotine Replacement Therapy (NRT)<sup>†</sup></li> <li>Self-help materials<sup>†</sup></li> </ul>	Enroll online by calling 866 QUIT-4-LIFE.	<sup>†</sup> Depends on insurance
<b>Washington State Quit Line</b> 800 QUIT-NOW <a href="http://doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit">doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit</a>	<ul style="list-style-type: none"> <li>Telephone counseling and support</li> <li>Nicotine Replacement Therapy (NRT)</li> <li>Self-help materials</li> </ul>	<b>Uninsured or without insurance ?</b> Call 800 QUIT-NOW. You will receive up to five calls with a quit counselor to set up a quit plan to help you quit or stay quit. If you are over age 18 you can also request self-help materials by mail. You may be eligible for two weeks of free nicotine replacement gum or patches (except pregnant women and some contraindications due to caller’s medications).	<b>FREE</b>
		<b>Enrolled in Washington Apple Health (Medicaid)?</b> Call 800 QUIT-NOW. You qualify for eight counseling calls to the Quitline and up to 12 weeks of free nicotine patches or gum per year.	<b>FREE</b>

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<b>THIRD-BEST METHOD: IN-PERSON COUNSELING</b>			
<b>Medicare</b>	<ul style="list-style-type: none"> <li>In-person counseling and support</li> </ul>	<b>Do you have Medicare?</b> Medicare Part B (medical insurance) covers eight face-to-face visits in a 12-month period by a qualified doctor or other Medicare-recognized practitioner.	<b>FREE</b>
<b>Nicotine Anonymous</b> 509.220.6371 <a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a>	<ul style="list-style-type: none"> <li>In person counseling and support</li> <li>Self-help materials</li> </ul>	Wednesdays at 3:30 p.m. - 4:30 p.m. 1700 W. 7th, Spokane, WA 99204	<b>FREE</b>
<b>FOURTH-BEST METHOD: WEB-BASED/SELF-HELP PROGRAMS</b>			
<b>American Lung Association</b> 800 LUNG-USA <a href="http://lungusa.org">lungusa.org</a> 7:00 a.m. -11:00 p.m. seven days per week (Central Time)	<ul style="list-style-type: none"> <li>Telephone counseling and support</li> <li>Self-help materials</li> </ul>	Lung Helpline is a resource for those who need help with any lung health issue. You can speak directly with a registered nurse, respiratory therapist, and/or quit-smoking specialist. Includes translation services.	<b>FREE</b>
	<ul style="list-style-type: none"> <li>Web-based cessation program*</li> <li>Self-help materials*</li> </ul>	Freedom From Smoking is a program designed specifically for adults who want to quit smoking.	Ranges from FREE to \$40+ <small>+depends on plan/length</small>
<b>National Alliance for Tobacco Cessation</b> <a href="http://becomeanex.org">becomeanex.org</a>	<ul style="list-style-type: none"> <li>Web-based cessation program</li> </ul>	The EX Plan is a free quit smoking program, one that can show you a whole new way to think about quitting. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.	<b>FREE</b>
<b>Federal Smoke Free Resources</b> <a href="http://smokefree.gov">smokefree.gov</a>	<ul style="list-style-type: none"> <li>Web-based cessation program</li> </ul>	Smoke Free Teen <a href="http://teen.smokefree.gov">teen.smokefree.gov</a>	<b>FREE</b>
		Smoke Free Women <a href="http://women.smokefree.gov">women.smokefree.gov</a>	
		Smoke Free Veterans <a href="http://smokefree.gov/veterans">smokefree.gov/veterans</a>	
		Smoke Free Español <a href="http://espanol.smokefree.gov">espanol.smokefree.gov</a>	
<b>Washington Department of Health SmartQuit™ App</b> <a href="http://doh.wa.gov/YouandYourFamily/Tobacco/SmartQuit">doh.wa.gov/YouandYourFamily/Tobacco/SmartQuit</a>	<ul style="list-style-type: none"> <li>Web-based cessation program (smart phone app)</li> </ul>	SmartQuit™ is an evidence-based smoking cessation program that is three times more effective than trying to quit on your own. It can be used with or without nicotine replacement therapy. The program is delivered via a smartphone app, so it is private, easy to use and always within reach. Available to Washington state residents only.	<b>FREE</b>
<b>US Department of Veterans Affairs</b> <a href="http://mobile.va.gov/app/stay-quit-coach">mobile.va.gov/app/stay-quit-coach</a>	<ul style="list-style-type: none"> <li>Web-based cessation program (smart phone app)</li> </ul>	Stay Quit Coach is designed to help veterans quit smoking. It provides readily-available support and information for adults who are already in treatment to quit smoking. The program includes motivational messages and support contacts to help users stay smoke-free.	<b>FREE</b>
<b>My Last Dip</b> <a href="http://mylastdip.com">mylastdip.com</a>	<ul style="list-style-type: none"> <li>Self-help materials</li> </ul>	My Last Dip is for smokeless and chewing tobacco users who want to quit.	<b>FREE</b>

**Sometimes it takes quitting 7-10 times before quitting for good. Keep trying.**  
**Tobacco is the leading cause of preventable death in the U.S.**



<h3>What Method is Best?</h3>	**** Counseling and Medication	***/** Medications/Nicotine Replacement Therapy (NRT)	<b>KEY</b> **** = Best *** = 2 <sup>nd</sup> Best ** = 3 <sup>rd</sup> Best * = 4 <sup>th</sup> Best
	** In-Person Counseling and Support	* Self-Help Materials	
	* Web-Based Cessation Programs		