



Quit Smoking- Are You Ready?

Not sure if this is the right time for you?

Take ONE Step today by calling 1-800-LUNGUSA to have your questions answered by a Registered Nurse or Respiratory Therapist, absolutely free.

Quitting smoking takes multiple attempts for most people, below are resources to guide your journey or help you support a loved one's. Combining medication/nicotine replacement therapy (NRT), social support, and program counseling is the most effective way to quit smoking for good.



**THERE IS NO SAFE
LEVEL OF NICOTINE
CONSUMPTION.**



1-800-LUNGUSA | RaiseSmokeFreeKids.com



Smartphone Apps

Apps are a handy way to manage your quitting journey by offering specialized help based on your smoking patterns, moods, reasons for quitting, and goals.

- Quitter's Circle - quitterscircle.com
- This is Quitting - thisisquitting.com
- QuitGuide and quitSTART – smokefree.gov/tools-tips/apps
- "LIVESTRONG My Quit Coach" and "Quit it Lite" – found in your app store

Online and In-person Support

Support networks and programs are provided in-person and/or online.

- American Lung Association's [Freedom From Smoking](#) adult cessation program offered in-person and online
- Additional websites to support those on their quitting journey:
 - Lung.org
 - COquitline.org
 - Smokefree.gov (and check out [SmokefreeUS](#) on Facebook)



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Telephone Support

Reach out to free support lines staffed by Tobacco Cessation Specialists to learn more about tobacco cessation, nicotine replacement therapies, and lung disease. These support lines provide customized quit plans, individualized coaching, and relapse prevention:

- American Lung Association's Help Line:
1-800-LUNGUSA
- Colorado's QuitLine services:
1-800-QUIT-NOW
- National Cancer Institute Smoking Quitline:
1-877-44U-QUIT

Medications and Nicotine Replacement Therapy (NRT)

Medications can double the chances of successfully quitting smoking for good by helping to reduce withdrawal feelings and nicotine cravings.

- Over the counter – patches, gum, lozenges
- By prescription – inhaler, nasal spray, Chantix (varenicline), and Wellbutrin/Zyban (bupropion)

Health Insurance

The Affordable Care Act (ACA) requires most insurance plans to offer quit-smoking benefits which may include NRTs and counseling services. Check with your insurance carrier or lung.org/acatoolkit to learn more.

[Health First Colorado](#) (Colorado's Medicaid program) pays for counseling and approved medications or products for two 90-day sessions each year. Call the Member Contact center at 1-800-221-3942 (ext. 711) or reach out to your county of residence's [Department of Human Services](#) or a [local application assistance site](#).

Workplace Wellness Programs

Check with your Human Resource Department to see if your employer offers a cessation program to employees as part of your health and wellness benefits.

