

ONE Step

RaiseSmokeFreeKids.com

Quit Smoking Take The First Steps

...by checking out the wide variety of
quit resources available!

Not ready to quit today? You can still take an important first step to protecting children from secondhand smoke exposure by smoking outside and away from children.

Not sure what to do or have some unanswered questions? Give the American Lung Association's Lung HelpLine a call today at 1-800-LUNGUSA. This free HelpLine is staffed by Registered Nurses and Respiratory Therapists who will gladly answer any questions you have about secondhand smoke, what quitting is like, tobacco cessation resources, asthma, lung diseases, and more!



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 Lung HelpLine:
1-800-LUNGUSA (1-800-586-4872)
- Colorado QuitLine: 1-800-QUIT-NOW
(1-800-784-8669) - offers free NRT support

Online and In-person Support

Support networks and programs are provided in-person and/or online. These are great resources for those looking for a community to accompany them on their quitting journey.

- 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](#)
 - Colorado QuitLine online program:
[COquitline.org](#)
 - [Smokefree.gov](#) (and check out [SmokefreeUS](#) on Facebook)

Quit Smoking—Take The First Steps

Health Insurance

Health First Colorado (Colorado's Medicaid program) pays for counseling to help you quit smoking. They also pay for any federal Food and Drug Administration (FDA) approved medications or products that can help you quit, for those who qualify. To get started, talk to your doctor about your tobacco use and quit goals, or call the Member Contact Center at 1-800-221-3942 (ext. 711). To learn if you are eligible for Medicaid, or to apply, visit [Colorado PEAK](#).

Medications and Nicotine Replacement Therapy (NRT)

Medications/NRTs can double the chances of successfully quitting smoking for good by helping reduce withdrawal feelings and nicotine craving.⁽²⁾ Most health insurance plans are required to cover some level of tobacco cessation treatment, some will also cover over the counter medications. To find out if your insurance provides this coverage, call their benefit line listed on the back of your insurance card or visit their website.

FDA approved medications and NRTs include:

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

Workplace Wellness Programs

Some employers offer workplace wellness programs to their employees that include cessation programs. Check with your Human Resource Department to see if your employer offers such a program to employees.

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. These apps help you navigate your journey on the go and at your fingertips.⁽¹⁾

- Quitter's Circle – [quitterscircle.com](#)
 - [Apple](#) [Android](#)
- This is Quitting – [thisisquitting.com](#)
 - [Apple](#) [Android](#)
- QuitGuide – [smokefree.gov/tools-tips/apps/quitguide](#)
 - [Apple](#) [Android](#)
- quitSTART – [smokefree.gov/tools-tips/apps/quitstart](#)
 - [Apple](#) [Android](#)

(1) A Systematic Review of Smartphone Applications for Smoking Cessation by B.Hskins, D.Lesperance, et al., 2017. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5526818/>

(2) The National Cancer Institute "Using Nicotine Replacement Therapy." Retrieved from: <https://smokefree.gov/tools-tips/how-to-quit/using-nicotine-replacement-therapy>

