



Tobacco Cessation

Are you thinking of quitting smoking, but don't know where to start? Is it too daunting to do alone? If this is you, there is help! Look below for a variety of resources that can help with tobacco cessation: from prescription medicine to professional health coaches.

1) Medication

- Employees and their covered family members on any of the Dartmouth health plans can receive prescription medications without a copay. These include the generic versions of Zyban and Chantix.
- Over-the-counter generic nicotine replacement therapies, such as the patch, gum, and lozenge, are also available without a copay (with a prescription).

2) In - Person Coaching & Workshops

- Dartmouth Field Health Coaches are ready to help you achieve your goal by helping you create a plan to quit, connecting you to resources, and motivating you on your path to being tobacco free! Simply call 603-597-4033 or go to www.dartmouthhealthcoaching.com to set up an appointment.
- Norris Cotton Cancer Center, along with several other medical centers and clinics including Mt. Ascutney Hospital, Gifford Medical Center, New London Hospital, and Good Neighbor Health Clinic, provide Smoking Cessation Programs. Please visit our website to learn more about each of these programs.

3) Telephonic Programs

- Participate in the Quit Today telephonic program offered by Cigna at no cost to you! Receive individual coaching, a free toolkit which includes a workbook, a relaxation/meditation CD, and free nicotine replacement therapy (Patches and gum) for eight to twelve weeks, as appropriate.
 - * Cigna Members (employees and covered family members): 1-877-459-6150 and ask to speak to the Personal Health Team
 - * Benefits Eligible Employees who waived medical coverage: 1-855-561-3808 and ask to speak with CareAllies Personal Health Team



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- Each state offers free telephonic counseling to help you quit smoking or chewing tobacco. Available to anyone.

* The National Helpline: 1-800-QUIT-NOW (784-8669)

4) Online Programs & Apps

- There are a variety of online programs and apps to assist with tobacco cessation, including a free six-week Living Tobacco Free program offered by Cigna. Visit www.dartmouth.edu/wellness, quick link Tobacco Cessation, to see a sample of what's available!

Did you know? You can use a flexible spending account to help pay for tobacco cessation medications (prescription required) or tobacco cessation programs!

Adapted from Norris Cotton Cancer Center's Five Keys for Quitting Smoking

- 1) **Get Ready!** Set a quit date. Change your environment by getting rid of all cigarettes and ashtrays and not allowing others to smoke in your home. Review past attempts and find out what worked and what did not.
- 2) **Get Support and encouragement** from family, friends, and coworkers. Talk to your health care provider (e.g. doctor, nurse, pharmacist, health coach). Get individual, group, or telephonic counseling through any of the sources listed above.
- 3) **Learn New Skills and Behaviors** to distract yourself from urges to smoke. Change your routine (e.g. use a different route to work or drink tea instead of coffee). Do something to reduce stress and plan something enjoyable to do everyday.
- 4) **Get Medication and Use it Correctly.** Speak to your health care provider and follow their advice on medications.
- 5) **Be Prepared for Relapse or Difficult Situations.** Most relapses occur within the first 3 months. Don't be discouraged! Speak to a health care provider when having trouble.