

- ✓ **Smoking and Tobacco Use (Centers for Disease Control and Prevention):**
www.cdc.gov/tobacco
Information, quit tips and a variety of resources.
- ✓ **Stay Away from Tobacco (American Cancer Society):**
www.cancer.org/Healthy/StayAwayfromTobacco/index
Provides facts about tobacco and cancer, a guide to quitting smoking and smokeless tobacco and a variety of other resources.
- ✓ **Become an EX (Legacy & the Mayo Clinic):**
<http://www.becomeanex.org>
The EX plan is a free, online quit smoking program that helps you re-learn to live without cigarettes. Learn about nicotine addiction, track your cigarettes, beat your triggers and remain tobacco free!
- ✓ **Getting Healthy- Quit Smoking (The American Heart Association):**
www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp
Quitters win! This website discusses the health benefits of quitting tobacco, how to deal with urges and resources to support your quit attempt.
- ✓ **HiTOPS':**
www.iqitathitops.com/
Comprehensive, accessible, technology based smoking cessation treatment program geared for 18-24 year olds who are interested in quitting tobacco.

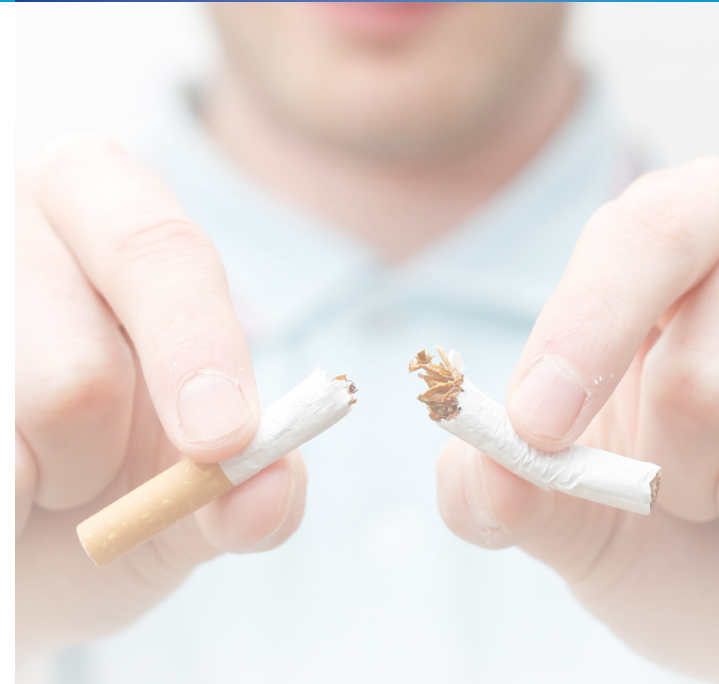
Alternative Therapies:

- ✓ **Hypnosis**
Hunterdon Health & Wellness Center
1738 Route 31 North, Clinton, NJ 08809
For more information call: 908-735-6884

Fees vary based on Hunterdon Health & Wellness Center membership status.

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- ✓ **Hunterdon Healthcare Integrative Medicine Program**
Acupuncture
Meditation Classes
Mindfulness-Based Stress Reduction Classes
215 Route 31 Flemington, NJ 08822
Call 908-788-2572 or visit:
<http://www.hunterdonhealthcare.org/integrativemedicine>



RESOURCES TO HELP YOU QUIT



Hunterdon Healthcare

Your full circle of care.

For more information visit
www.hunterdonhealthcare.org



Hunterdon Healthcare

Your full circle of care.



**Hunterdon
HealthCare
Partners**

Physicians in Partnership with Hunterdon Medical Center



Tobacco Cessation Resources & Programs

Information to Help You Quit Tobacco

Hunterdon Healthcare is committed to the health and wellness of our patients, families, and community. We can support you and your loved ones in the quit! Please be sure to talk to your healthcare team and primary care physician to discuss treatment options that are safe for you. Hunterdon Healthcare Partners has Certified Tobacco Treatment Specialists working in several primary care practices who can help. Remember to keep all of your doctors informed before you begin any type of medication to help quit tobacco.

You can also access these resources from our website at www.hunterdonhealthcare.org/

Insurance:

✓ Medicare:

Coverage varies. Talk to your doctor for more details or visit: www.cms.gov/MLNProducts/downloads/smoking.pdf

✓ Medicaid:

Coverage varies by state. For more information, please call the Division of Medical Assistance and Health Services at 800-356-1561, or visit their website at www.nj.gov/humanservices/dmahs/home/

✓ Private Insurance:

Coverage varies according to your health plan. Contact your health insurance carrier for covered counseling services and tobacco cessation resources.

Phone & Internet:

✓ New Jersey Quitline:

866-657-8677 or <http://njquitline.org>

Eligibility and services fluctuate. Free, available in 26 languages and confidential. Telephone counseling service for tobacco users who are ready to stop. Call today and speak with your own trained quit coach. No matter which quit method you choose, the Quitline can more than double your chances for success!

✓ **Mom's Quit Connection (MQC)** is a free, face-to-face and telephonic smoking cessation program for NJ residents who are pregnant and/or women parenting children six years old and younger. MQC's tobacco treatment specialists provide a personalized quit plan. There is no limit on the number of sessions and a client can join more than once. To learn more please visit:

www.tobaccofreenj.com or **www.snjpc.org**. (Southern NJ Perinatal Cooperative) or call toll free at **1-888-545-5191**.

✓ Quitnet:

www.nj.quitnet.com

Learn from science-based stop smoking resources. Get quitting tips and advice from expert counselors. E-mail support, Expert Q Chat and quit support from the QuitNet community. Create your own quit smoking plan. Free.

✓ Smokefree.gov:

www.smokefree.gov/ or **www.espanol.smokefree.gov/** (Spanish)

Information and professional assistance available to help you become and remain a nonsmoker. Offers a step-by-step quit smoking guide with interactive tools and resources. You can also get "Smokefree TXT", a mobile service that provides 24/7 encouragement, advice and tips to help you stop smoking for good (fees may apply).

1. **Smokefree Women:**

<http://women.smokefree.gov/>

Covers smoking-related topics that are often important to women, such as weight management and stress, and provides a quit guide, tools and free resources.

2. **Smokefree Teen:**

<http://teens.smokefree.gov/>

Helps teens understand the decisions they make about tobacco use and how those decisions affect their life. Includes a quit guide, quizzes, comics, and everyday "quit-isms".

✓ National Cancer Institute Resources: www.cancer.gov/global/contact

1. **Smoking Quitline:**

1-877-44U-QUIT (1-877-448-7848)

Talk with a tobacco cessation counselor for help quitting and get answers to your smoking-related questions in English or Spanish. Toll free within the United States. Available Monday through Friday from 8:00 a.m.-8:00 p.m.

2. **LiveHelp Online Chat:**

Go to **www.cancer.gov/global/contact** and click on the LiveHelp icon. Available in English only, Monday through Friday from 8:00 a.m. to 11:00 p.m.

✓ The American Lung Association: Freedom From Smoking® Online: www.ffsonline.org/

A program for adults who want to quit smoking that provides education modules through their protected website. Lessons include valuable information and assignments that reinforce your commitment to quit. Access day or night, seven days a week.

✓ The American Lung Association: Lung HelpLine: www.lung.org/about-us/lung-helpline.html

The Call Center is staffed by Registered Nurses and Respiratory Therapists with extensive experience in healthcare. Provides counseling and education about quitting tobacco, lung disease, and other resources.

✓ Way 2 Quit (Sponsored by GlaxoSmithKline): www.way2quit.com

A comprehensive, interactive website that provides information on beating addiction, advice on how and when to quit, and ongoing support with virtual coaches and resources.

✓ Plan My Quit (Pfizer): www.PlanMyQuit.com/hunterdonhealthcare

A video program led by a Tobacco Treatment Specialist and former smoker who coaches you on developing an effective quit plan. Plan-to-Quit cards are available at no cost and include powerful activities to help you jump-start your quit and keep you on track to staying tobacco free.