

# Smoking Cessation Resources

The resources below are available to help you or a family member quit smoking. Many of the resources are free or available at minimal cost. This list also includes resources available to Harvard Pilgrim members. Please note that the Harvard Pilgrim resource indicated by an \* is available to both members and non-members. Check the HEALTHY YOU website for smoking cessation information updates.

## FREE RESOURCES

### American Lung Association

#### *Freedom from Smoking Help Line*

Telephone counseling from certified counselors (RNs and registered respiratory therapists). Call **(800) LUNG-USA (800-586-4872)** and select option 2.

### American Lung Association

#### *Freedom from Smoking Online Program*

Basic membership is free for eight online modules. Premium membership is \$15 for three months or \$40 for one year. More information is available at [www.ffsonline.org](http://www.ffsonline.org).

American Lung Association has a website at <http://quitterinyou.org>, featuring a summary of all ALA resources, including smoking cessation tips and videos.

### Boston College Faculty/Staff Assistance Program

Pat Touzin, Director of the Faculty/Staff Assistance Program, is available to meet with interested employees and provide smoking cessation coaching. She can be contacted at **(617) 552-3340** or [patricia.touzin@bc.edu](mailto:patricia.touzin@bc.edu).

### Harvard Pilgrim

Personalized telephonic coaching from a Harvard Pilgrim health coach is available free of charge to members. The coach works collaboratively with members and/or their families to develop and implement a smoking cessation plan. Say "yes" to question 50 on the Health Questionnaire, or if you missed that opportunity when taking the HQ, call **(888) 888-4742** and ask the Member Services rep to have a Health Coach contact you.

### Smokers' Helpline (funded by Departments of Public Health in MA, NH and RI)

This helpline provides telephonic coaching and cessation medication information with unlimited access. It is affiliated with [QuitWorks.org](http://QuitWorks.org), which works with patients and their health care providers to access cessation medication. Contact **800-QuitNow** or <http://makesmokinghistory.org/1-800-quitnow.html>.

## MINIMAL COST

### American Lung Association

#### *Freedom from Smoking Self-Help Guide*

This 56-page workbook is an at-home smoking cessation tool. To order, call **800-LUNG-USA (800-586-4872)** or visit <http://www.lung.org/get-involved/in-your-community/> and enter your ZIP code to make this request to your local office. Cost: \$5.99

### Harvard Pilgrim

#### *Quit Smart program*

This is a self-paced program with a kit that includes a stop-smoking guidebook, hypnosis CD and cigarette substitute. The kit is available in English and Spanish.

Cost: \$26.23 per member (with "HPHC" discount code)

#### *Craving to Quit program\**

This is a 21-day mindfulness-based wellness program available as a smartphone app.

Initial Cost: \$59.25 (\$79/lifetime less a 25% BC employee discount). Final Cost for BC employees in \$20, upon employees' completion of the program and submission to HEALTHY YOU for reimbursement. Please contact Nicole Petitti in Human Resources for reimbursement information.

## OTHER PROGRAMS

### The Harvard Pilgrim website lists additional programs such as:

**Smoking Cessation Hypnosis**, available at the New England Ethical Hypnosis Institute in Springfield, MA, offers sessions in English or Spanish. Sessions are also available on CD. To learn more, visit <http://www.mindbrainconnection.com/index.html>.

Cost: \$95 for three sessions

Hypnosis is also available at the **University Hypnosis Center** in Amherst, MA ([www.universityhypnosiscenter.com](http://www.universityhypnosiscenter.com)). Three to five sessions are recommended.

Cost: The first session (1.5 hours) is \$150, with additional sessions costing \$100 each. Harvard Pilgrim members receive a 10% discount.

