

SMOKING CESSATION PROGRAMS

<p>National Cancer Institute</p> <p>Phone: 1.800.4.CANCER or 1.877.44U.QUIT (Service Available in Spanish)</p> <p>Hours: Monday-Friday 8am-8pm (Eastern Time)</p> <p>Website: http://www.cancer.gov or www.smokefree.gov</p> <p>Cost: Free</p> <ul style="list-style-type: none"> • Phone counseling • Leave a recorded message if calling after hours • Staffed by smoking cessation counselors • App for mobile devices is available 	<p>Quit Now <i>State of New Mexico</i></p> <p>Phone: 1.800.QUITNOW or 1.800.784.8669</p> <p>Website: http://www.quitnownm.com/</p> <p>Cost: Free</p> <ul style="list-style-type: none"> • Phone counseling, Integrated Web Coach (optional) and/or Text Messaging Support (optional) • Staffed by Trained Quit Coaches • Provide 8 week web only consultation NRT (Nicotine Gum, Nicotine Lozenges). • Provide 12 week over the phone consultation
<p>Lung Help Now <i>American Lung Association</i></p> <p>Phone: 1.800.586.4872 or 505.265.0732</p> <p>Hours: Monday-Friday 8am-9pm (Central Time) Saturday-Sunday 9am-5pm (Central Time)</p> <p>Website: http://www.lungusa.org/</p> <p>Cost: Free</p> <ul style="list-style-type: none"> • Phone counseling • One-on-one freedom from smoking sessions • Staffed by Registered Nurses, Respiratory Therapists, Certified Tobacco Treatment Specialists & Counselors 	<p>Freedom From Smoking Online <i>American Lung Association</i></p> <p>Website: http://www.ffsonline.org/</p> <p>Basic Program Cost: Free</p> <ul style="list-style-type: none"> • Online services • Seven modules containing several activities • Ability to move through lessons at your own pace <p>Premium Cost: \$15 for 3 months or \$40 for one year</p> <ul style="list-style-type: none"> • Online services • Eight modules containing several activities • Ability to download relaxation exercises • Full access to the FFS Online Community <ul style="list-style-type: none"> ◦ Message Boards, Blogs, Social networking, etc • Certificate of Participation
<p><i>Only available Presbyterian Health Plan Members</i></p> <p>The Tobacco Quit Line <i>Presbyterian Health Plan</i></p> <p>Phone: 1.888.840.5445</p> <p>Hours: 5am-11pm (Mountain Time)</p> <p>Cost: Free</p> <ul style="list-style-type: none"> • Phone counseling • Staffed by Trained Quit Coaches • Social Support throughout smoking process • Self-help materials • Nicotine Replacement Therapy Information (if eligible) • 5 coaching calls 	<p><i>Only available to Lovelace Health Plan members</i></p> <p>S.T.O.P (<i>Stop Tobacco for Optimal Prevention</i>) <i>Lovelace Health Plan</i></p> <p>Website: http://www.lovelacehealthplan.info/tag/best-ways-to-quit-smoking/ (fill out information required) or http://www.lovelacehealthplan.info/contact/</p> <p>Cost: Free</p> <ul style="list-style-type: none"> • Phone counseling • Staffed by Nurses • 10 week program • Educational Materials • Nicotine Replacement Therapy Coverage Information

ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.