

**SMOKING CESSATION PROGRAMS****National Cancer Institute**

**Phone:** 1.800.4.CANCER or 1.877.44U.QUIT  
(Service Available in Spanish)

**Hours:** Monday-Friday 9am-9pm (Eastern Time)

**Website:** <http://www.cancer.gov> or  
[www.smokefree.gov](http://www.smokefree.gov)

**Cost:** Free

- Phone counseling
- Leave a recorded message if calling after hours
- Staffed by smoking cessation counselors
- App for mobile devices is available

**Quit Now**

*State of New Mexico*

**Phone:** 1.800.QUITNOW or 1.800.784.8669

**Website:** <http://www.quitnownm.com/>

**Cost:** Free

- 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

**Lung Help Now**

*American Lung Association*

**Phone:** 1-800-LUNGUSA or 1-800-586-4872

**Hours:** Monday-Friday 8am-9pm (Central Time)  
Saturday-Sunday 9am-5pm (Central Time)

**Website:** <http://www.lungusa.org/>

**Cost:** Free

- Phone counseling
- One-on-one freedom from smoking sessions
- Staffed by Registered Nurses, Respiratory Therapists, Certified Tobacco Treatment Specialists & Counselors

**Freedom From Smoking Online**

*American Lung Association*

**Website:** <http://www.ffsonline.org/>

**Basic Program Cost:** Free

- Online services
- Seven modules containing several activities
- Ability to move through lessons at your own pace

**Premium Cost:** \$15 for 3 months or \$40 for one year

- Online services
- Eight modules containing several activities
- Ability to download relaxation exercises
- Full access to the FFS Online Community
  - Message Boards, Blogs, Social networking, etc
- Certificate of Participation

*Only available Presbyterian Health Plan Members*

**The Tobacco Quit Line**

*Presbyterian Health Plan*

**Phone:** 1.888.840.5445

**Hours:** 5am-11pm (Mountain Time)

**Cost:** Free

- Phone counseling
- Staffed by Trained Quit Coaches
- Social Support throughout smoking process
- Self-help materials
- Nicotine Replacement Therapy Information (if eligible)
- 5 coaching calls

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