

I DID IT!

A RESOURCE GUIDE TO QUIT TOBACCO USE



Commit to quit tobacco use

Give your health a fresh start by stopping your use of cigarettes, pipes, cigars, or chewing tobacco. Come to this one-session class to learn the most successful methods for quitting, to get aid materials and “quit kits,” and to make your own plan to quit. Pre-sign up is needed. No charge to members.

Come to these classes at a medical center near you

Visit [kp.org/classes/mas](https://www.kaiserpermanente.org/classes/mas) for dates, times, and locations, or call (301) 816-6565 or 1-800-444-6696 for information.

The web

Online Smoking Cessation Class

Attend the Commit to Quit – 1 session overview class online. No need to commute; class is at your fingertips in any place handy! No charge to come; you must be a kp.org active member. If you’re not

registered, it’s easy. Visit [kp.org/register](https://www.kaiserpermanente.org/register). Visit [kp.org/classes/mas](https://www.kaiserpermanente.org/classes/mas) for dates, times, and how to sign-up. Or call (301) 816-6565 or 1-800-444-6696 for information.

[kp.org/quitsmoking](https://www.kaiserpermanente.org/quitsmoking)

- Learn about ways to quit tobacco use.
- Learn ways to deal with cravings.
- Explore how much cigarettes are costing you by using the calculator.
- Sign up for the Breathe™ Healthy Lifestyles Program and get personalized tips to help you quit. This online program teaches you many key ways to help you quit smoking and stay quit for good. There is no fee for members.
- Watch our short video, “Quit Tobacco with Medicines.” Go to [kp.org/quitsmoking](https://www.kaiserpermanente.org/quitsmoking), under Coaching, classes, & programs.

EMMI® programs

Health care facts can be hard to grasp. EMMI® programs are web-based sessions that help make facts simpler to grasp. Visit [kp.org/doctor](https://www.kaiserpermanente.org/doctor) and enter your internal medicine doctor’s name to get to their homepage. Learn about quitting tobacco by clicking on “Prepare for Your Procedure or Manage Your Ongoing Condition (Emmi)” on the right side of the page under “Quick Links” and register for “Thinking About Quitting.”

Wellness coaching

Wellness coaching is free for Kaiser Permanente members. Coaching is offered in English and Spanish, and no referral is needed. Call to schedule phone sessions that are convenient for you at (866) 862-4295. The center is staffed for coaching appointments Monday through Friday, 11:30 a.m. to 8 p.m.

Booklets and brochures

Ask your health care team for printed material. Information on tobacco use and pregnancy is also available.

Smoking cessation programs at local hospitals

MARYLAND

Greater Baltimore Medical Center

6701 N. Charles St.
Baltimore, MD 21204
gbmc.org

Freedom from Smoking (8-week program)
Contact: (443) 849-3301

Suburban Hospital

8600 Old Georgetown Road
Bethesda, MD 20814
suburbanhospital.org
Freedom From Smoking® Class
Contact: (301) 896-3939

DISTRICT OF COLUMBIA

MedStar Washington Hospital Center

110 Irving Street, NW
Washington, DC 20010
Smoking Cessation Class
Contact: (202) 877-8758

Community resources

American Cancer Society

cancer.org
Toll free: 1-800-227-2345
District of Columbia: (202) 483-2600
Maryland: 1-888-670-0427
Northern Virginia: (703) 938-5550
Quit for Life: (866) 784-8454

American Lung Association

lungusa.org
Contact: 1-800-LUNGUSA (1-800-586-4872)
District of Columbia: (202) 785-3355
Maryland: (443) 451-4950
Northern Virginia: (703) 462-9864

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your personal physician or member of your health care team.

REGIONAL HEALTH EDUCATION, HEALTH PROMOTION AND WOMEN'S HEALTH

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Centers for Disease Control and Prevention
cdc.gov/tobacco

National Cancer Institute Smoking Quitline

Toll free: 1-877-44U-QUIT (1-877-448-7848)
TTY: 1-800-332-8615

Nicotine Anonymous

nicotine-anonymous.org
Toll free: 1-877-879-6422

Quitnet

quitnet.com

Smokefree.gov

smokefree.gov

DC/MD/VA Quitline

Call the National Network of Tobacco Cessation Quitlines at 1-800-784-8669 (1-800-QUIT NOW) (toll free) for free phone support. This service will connect you to your state quit line.
smokingstopshere.com

For teens

Smokefree Teen

teen.smokefree.gov

Tobacco Free Kids

tobaccofreekids.com