

Are You Ready to Quit Smoking?

For **free** telephone counseling, call **1-800-QUIT-NOW**

Call quit smoking programs directly.

Call **215-683-LIVE (215-683-5483)** or visit **www.smokefreephilly.org**

These programs are sponsored by the Philadelphia Department of Public Health and Pennsylvania Department of Health.

North, Northeast and Lower Northeast Philadelphia:

Comprehensive Smoking Treatment Program at Penn

University of Pennsylvania

1 (888) PENN-STOP, 1 (888) 7366-7867

South, Southwest, West and Northwest Philadelphia:

Quit Smoking Comfortably

Mercy Hospital

215-748-9600 or 215-748-9700

Health Center-based classes:

Health Federation of Philadelphia

215-246-5584

Classes for jobless adults and those with mental health or substance abuse conditions:

Quit for Good

Temple University Health Behavior

Research Clinic

215-204-6251

Free, online quit coaching:

Freedom from Smoking (American Lung Association) www.ffsonline.org/

Quit Companion (Determined to Quit)

www.determinedtoquit.com/quitcompanion/

Medication to help you quit smoking.

There are 2 main types of medication to help you quit

Nicotine Replacement Therapies (NRTs)

- Nicotine patch (with or without a prescription)
- Nicotine gum (with or without a prescription)
- Nicotine lozenge (with or without a prescription)
- Nicotine spray— prescription
- Nicotine inhaler—prescription

Medication by mouth

- Bupropion (Zyban) - prescription
- Varenicline (Chantix) - prescription

How much does medication cost?

If you have private insurance:

Some medication require a prescription, while others do not. If you can get them with a prescription, your insurance may pay for it.

Please call your insurance company for questions about quit smoking medication coverage.

If you are on Medicaid:

Provider	Quit Medication	Payment
Aetna Better Health	All Medication	\$0—generic \$0 to \$3—brand
AmeriChoice	All Medication	\$1—generic \$3—brand
CoventryCares	All, except spray, inhaler & Chantix	\$1
Health Partners	All, except Chantix	\$1—generic \$3—brand
Keystone Mercy	All, except spray	\$1—generic \$3—brand

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