


RESOURCES TO HELP YOU QUIT SMOKING

San Mateo County Tobacco Prevention Program: Smokefree Hotline (650) 573-3777

<p><u>Breathe California</u> 1469 Park Avenue San Jose, CA 95126 Website: http://www.ashkickers.org/ Email: jason@lungsrus.org Phone: (510) 495-7725 or (408) 998-5865</p>	<p>Free, Open to All</p> <p>Types of Services: Customized Ash Kickers quit smoking program for workplaces and groups of individuals.</p> <p>Cost: Free when virtual (Zoom meeting)</p>
<p><u>Kick It California</u> Website: https://kickitca.org/ Phone: (800) 300-8086</p>	<p>Free, Open to All</p> <p>Types of Services: Free, customized one-on-one coaching that is grounded in science. Speak with a Quit Coach via phone or chat, or access self-help tools.</p>
<p><u>Stanford Healthcare</u> Stanford, CA 94305 Website: https://stanfordhealthcare.org/for-patients-visitors/quit-smoking-stanford.html Phone: (650) 285-9468</p>	<p>Free, NOT Open to All</p> <p>Types of Services: Individualized counseling and medications to help patients become tobacco-free. One-on-one sessions to build motivation and develop an individualized treatment plan, mindfulness skills coaching, support and education, easy access to nicotine replacement and prescription cessation medication, virtual tobacco cessation group every Monday from 12-1pm PST on Zoom.</p> <p>Cost: Free of charge and open to patients at Stanford and their family members.</p>
<p><u>American Cancer Society</u> Website: www.cancer.org</p>	<p>Free, Open to All</p> <p>Types of Services: Organization provides free information on quitting smoking</p>
<p><u>BecomeAnEX</u> Website: https://www.becomeanex.org/</p>	<p>Free, Open to All</p> <p>Types of Services: Organization provides free customized quit plan, text messages for support quitting smoking or vaping, interactive guides and tools, advice and tips, and an EX Community.</p>

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<p><u>Kaiser Permanente Medical Group - Health Education Department</u></p> <p>1190 Veterans Blvd., 2nd Floor Redwood City, CA 94063 Phone: (650) 299-2433</p> <p>1200 El Camino Real South San Francisco, CA 94080 Phone: (650) 742-2439</p>	<p style="text-align: right;">Free, NOT Open to All</p> <p>Types of Services: Clinical Health Educator Video or Telephone Appointment (No cost for members, members only)</p> <p>Wellness Coaching by Phone (No cost for members, members only)</p> <p>Healthmedia®breathe®: Quit Smoking Program (Visit kp.org/healthylifestyle to access this program)</p> <p>Employee benefit for SMC employees. Services can be used on County work time with Supervisor approval</p> 
<p><u>Mills-Peninsula Medical Center</u></p> <p>1501 Trousdale Drive Burlingame, CA 94010 (650) 696-4308</p>	<p style="text-align: right;">Free, Open to All</p> <p>Types of Services: Call it Quits is a free, smoking cessation and relapse prevention support group. Open to all people working to quit smoking. Mondays, 6:30 - 7:30pm in Conference Room G, first floor. https://www.sutterhealth.org/pdf/services/pulmonary/mills-ci-q-flyer.pdf</p>
<p><u>American Lung Association</u></p> <p>Website: https://www.freedomfromsmoking.org/</p>	<p style="text-align: right;">NOT Free, Open to All</p> <p>Types of Services: Freedom From Smoking® includes 12 months of unlimited access to the program, available 24/7 on your computer, tablet, and smartphone, live telephone and chat support from quit-smoking specialists, online community, and 9 interactive sessions to prepare you for Quit Day.</p> <p>Cost: Membership \$99.95</p>
<p><u>Blue Shield</u></p>  <p>Website: www.blueshieldca.com</p> <p>Employee benefit for SMC employees. Services can be used on County work time with Supervisor approval</p>	<p style="text-align: right;">Free, NOT Open to All</p> <p>Types of Services: Wellvo-lutionSM offers online and in-person programs for general well-being and disease reversal. You set your goals and get help achieving them with an easy-to-follow plan and all the tools and support you need along the way.</p> <p>Cost: Free for qualifying Blue Shield members</p>