

# QUIT SMOKING RESOURCES GUIDE

The following is a list of options to support smoking cessation. These are recommended because they are based on the best available scientific evidence and are likely to meet the needs of low-income housing residents.

| Resource Type                         | Name                      | Description  | Where to find it  |
|---------------------------------------|---------------------------|--|---|
| <b>Telephone Quitline</b>             | 1-800-QUIT-NOW            | Quitlines are telephone-based tobacco cessation services, available at no cost to US residents. Quitlines help tobacco users quit through a variety of service offerings including individual counseling, referral to other cessation resources, mailed self-help materials, information on FDA-approved cessation medications, and free or discounted cessation medications, such as nicotine gum or patches.             | 1-800-QUIT-NOW<br><a href="https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert">https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert</a> |
| <b>Online/Phone Cessation Program</b> | American Lung Association | The American Lung Association (ALA) provides cessation information via phone (Lung Helpline, 800-LUNG-USA) or an online platform (Freedom from Smoking Program).   | 1-800-586-4872<br><a href="https://www.lung.org/">https://www.lung.org/</a><br><a href="https://www.freedomfromsmoking.org/">https://www.freedomfromsmoking.org/</a>  |
|                                       | Smokefree.gov             | The National Cancer Institute (NCI) created Smokefree.gov to help you or someone you care about quit smoking. Smokefree.gov provides information for everyone who wants to quit smoking but also includes resources for specific groups such as women, 60+, and veterans. Learn about different tools to help smokers quit and how to use them. You will also find quizzes, tips, plans, apps and text messaging programs. | <a href="https://smokefree.gov">https://smokefree.gov</a>   |

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|                   | American Cancer Society               | The American Cancer Society (ACS) offers a variety of information online such as tip sheets on 'Making a Plan to Quit and Planning Your Quit Day' and 'Help for Cravings and Tough Situations While You're Quitting Tobacco'.   | 1-800-227-2345<br><br><a href="https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html">https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html</a> |
|                   | The Centers for Disease Control (CDC) | The CDC provides numerous resources to help with quitting smoking, such as a 'Quit Guide', the 'quitSTART App' (a free smartphone app that helps you quit smoking) and the 'National Texting Portal' (mobile text message-based support to help quit smoking; Text QUITNOW to 333888).  | <a href="https://www.cdc.gov/tobacco/quit_smoking/index.htm">https://www.cdc.gov/tobacco/quit_smoking/index.htm</a>   |
|                   | BecomeAnEx                            | BecomeAnEX is a free digital resource to help tobacco users quit. This resource includes an active social community, text and email messaging support, expert guidance, and interactive quitting tools.   | <a href="https://www.becomeanex.org/">https://www.becomeanex.org/</a>   |
| <b>Medication</b> | Nicotine Replacement Therapy (NRT)    | Many people use nicotine replacement therapy (NRT) to lessen withdrawal symptoms and cigarette cravings. NRT can double the chances for successfully quitting. These medications work by giving a controlled amount of nicotine without the dangerous chemicals in cigarettes. NRT products, such as gums and patches, can be purchased over the counter, and may also be provided for free by the Quitline (800-Quit-Now). It is advisable that smokers consult health care providers before starting use. Medicaid and other health plans also typically cover the cost of NRT. | Pharmacy  |

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|                     | Tobacco Cessation Treatment: What's Covered? | The Affordable Care Act (ACA) and other federal laws and rules require most health insurance plans in the U.S. to cover some level of tobacco cessation treatments. This link gives details of these requirements. Note that information on this chart does not guarantee coverage for certain treatments in any insurance plan. Patients should check with their plan to confirm which treatments are covered. | <a href="https://www.lung.org/policy-advocacy/tobacco/cessation/tobacco-cessation-treatment-what-is-covered">https://www.lung.org/policy-advocacy/tobacco/cessation/tobacco-cessation-treatment-what-is-covered</a> |
| <b>Consultation</b> | Health Care Providers, Pharmacists           | Speaking with health care providers about quitting smoking is often the best way for smokers to quit. They get individualized help to manage and cope with withdrawal symptoms. They can also provide informational guides and resources and can help you to select nicotine replacement therapies (NRT). Medicare, Medicaid, and other health plans typically cover counseling sessions.                       | Contact your primary care physician and/or a pharmacist   |
|                     | Local Community Health Centers/ Hospitals    | Those who get help quitting smoking from a clinician are twice as likely to successfully quit. Some local community health centers and health promotion groups offer smoking cessation counseling services. Some can provide free or low-cost nicotine replacement therapies (NRT) and provide information regarding cessation. Medicare, Medicaid, and other plans typically cover counseling sessions.        | Contact your local community health center or hospital.<br><br>Contact state or local health departments for information on how to find community health centers or other programs.                                 |

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| <b>Group Counseling: Virtual or In Person</b> | Nicotine Anonymous   | Nicotine Anonymous (NicA) offers a 12-step program for tobacco cessation. Group support is available to help people stop using tobacco in any form. The website provides a "Find a Meeting" tool that allows you to search for NicA meetings by state, including in-person, online and telephone meetings. | 1-877-TRY-NICA (1-877-879-6422)<br><a href="https://www.nicotine-anonymous.org/">https://www.nicotine-anonymous.org/</a>  |
| <b>Information</b>                            | Smoke-Free Housing Recommendations for Renters During COVID-19 | Smoking can compromise the immune system, which makes people at higher risk for more severe symptoms of COVID-19. Considering the increased importance of clean indoor air, Live Smoke Free has created a list of recommendations for residents of multi-unit housing.                                     | <a href="http://mnsmokefreehousing.org/smoke-free-housing-recommendations-during-covid-19/">http://mnsmokefreehousing.org/smoke-free-housing-recommendations-during-covid-19/</a> |

## Non-Evidence-Based Resources: Not Advised

| Resource           | What is it?   | Why it is not advised   |
|--------------------|---|---|
| <b>Acupuncture</b> | Acupuncture is a type of therapy that generally uses fine needles inserted through the skin at specific points in the body. It is claimed that this therapy can reduce withdrawal symptoms. | Many studies have concluded that there is no clear benefit of using acupuncture for smoking cessation. Nicotine replacement therapy (NRT) and counseling are both more effective than acupuncture.  |
| <b>Hypnosis</b>    | Hypnosis uses a state of altered awareness, in which suggestions about changing behaviors to treat physical or psychological problems are made.   | There is no clear evidence that hypnotherapy is an effective tool for smoking cessation. Studies have found that hypnosis is no more effective than quitting on your own without professional help. |