

## FREE Websites

[www.lungusa.org](http://www.lungusa.org)

Smoking cessation modules featuring counselors and support groups

[www.surgeongeneral.gov/tobacco/default.htm](http://www.surgeongeneral.gov/tobacco/default.htm)

[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)

Links to smoking cessation materials

[www.onelife.americanheart.org/presenter.jhtml?identifier=3018961](http://www.onelife.americanheart.org/presenter.jhtml?identifier=3018961)

Health assessment and personalized advice on identified risk factors

Smoking information in English and Spanish

<http://nicotine-anonymous.org>

Online support group (in 6 languages)

[www.quitnet.org](http://www.quitnet.org)

Online support group

[www.aafp.org](http://www.aafp.org)

(type "Smoking Cessation" in search box)

St. John Health has reviewed this information for accuracy but cannot guarantee success with any one option. Different methods may be effective for each smoker. Consult your physician regarding which method would work best for you.

## Smoking Cessation Resources



# Prices are approximate and will vary with time and location

## NICOTINE REPLACEMENT (covered by some HMO plans)

### Available Over the Counter:

Nicotine Polacrilex Gum .....	\$58-\$77/170 pieces
Transdermal Nicotine Patch .....	\$13-\$27/30 patches

### Require Prescription:

Nicotine Nasal Spray .....	\$5-\$15/day
Nicotine Inhaler .....	\$5.70/day

### Medication:

Zyban (by prescription only; may be covered by insurance) .....	\$123/month
Chantix (by Rx only) decreases urge to smoke and may prevent weight gain associated with quitting .....	\$124/month

### Hypnosis:

Wellness Seminar (Rena Greenberg) – 800-848-2822 .....	\$69
St. John Healing Arts Center – 313-647-3320 .....	\$85/session
<a href="http://www.EasyWillPower.com">www.EasyWillPower.com</a>	

### Programs and Support Groups:

Better Living Seminars – 313-531-2179 .....	Free
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### Products:

Quit Smart – 888-73-SMART .....	\$31.99/kit
<a href="http://www.QuitSmart.com">www.QuitSmart.com</a>	

### Laser Therapy:

Alpha Life Style – 248-594-1303 .....	\$315.65
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### Acupuncture:

Neuroprobe Therapy – 734-671-1400 .....	\$180
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### Literature:

Smokers Quit Kit – 800-480-7848 .....	Free
You Can Quit Smoking – 800-358-9295 .....	Free
<a href="http://www.mich.gov/tobacco">www.mich.gov/tobacco</a>	