



Tobacco Cessation Resources

UPMC Health Plan members have access several resources to help you with tobacco cessation.

UPMC MyHealth Ready to Quit™

UPMC MyHealth Ready to Quit™ is a highly effective tobacco cessation program that is offered by Health Plan health coaches, who can guide you through a structured program to help you quit tobacco and stay tobacco-free for good. The program includes your choice of:

- Six telephone-based sessions with a health coach, plus an engaging workbook,
- A self-study workbook option, or
- An online option.

Call 1-800-807-0751 to speak with a coach, get more information, or to enroll.

Quit Tobacco MyHealth Assistant

MyHealth Assistant is a virtual health coach that helps stay you motivated to reach your goals and gives you a way to track your progress. You'll see easy ways to learn more about quitting and be more mindful of your daily habits. Online programs offer you the information and tools you need with privacy and convenience.

Access the Quit Tobacco MyHealth Assistant on the upmchealthplan.com portal:

Select Better Health and Wellness > Resources for Healthier Living > Browse by Health Topic > Quit Tobacco > View Resources > Quit Tobacco MyHealth Assistant

Pharmacotherapy

Research has shown that the use of tobacco cessation medication can significantly improve your odds of quitting tobacco use. UPMC Health Plan offers several medication options at no cost to you when you get a prescription from your doctor. These include nicotine gum, lozenges, and patches, and several prescription medications in tablet form.

Contact UPMC Health Plan Pharmacy Services at 1-800-396-4139 for more details. It's available Monday – Friday, 7 a.m. to 8 p.m., and Saturday, 8 a.m. to 3 p.m.

LifeSolutions

LifeSolutions, Vincentian's Employee Assistance Program, can provide support for making lifestyle changes and connect you with resources. The services are free and confidential. Calls are answered "live" 24-hours-a-day, 7-days-a-week, 365-days-a-year. A licensed professional is always available.

To schedule an appointment with a LifeSolutions counselor, call 1-800-647-3327 Monday – Friday, 7 a.m. to 8 p.m. and Saturday, 8 a.m. to 3 p.m. Both day and evening appointments are available, and there are a number of office locations convenient to where you live or work.

Pathway to access LifeSolutions smoking cessation support and counselor information on the upmchealthplan.com portal:

Select Better Health and Wellness > Resources for Healthier Living > Workplace Benefits (in the left menu) > LifeSolutions Employee Assistance Program > Resource by Topic > Quitting Smoking > LifeSolutions Counseling

Thinking About Quitting Smoking?

Free Services Available to Vincentian UPMC Health Plan Members and Wellness-Only Members

Quitting tobacco is never easy, but coaching and tobacco cessation medications can make it easier. Research suggests that medications matched with a proven successful program, like those offered by UPMC Health Plan, greatly increase your chances of quitting for good — and all of this is available at no cost to you through UPMC.

Health Coaching/Cessation Counseling

Health Coaching has been shown to improve a smoker's odds of successfully quitting. UPMC MyHealth Ready to Quit™ is a highly effective tobacco cessation program that is offered by Health Plan health coaches. You can participate in the Ready to Quit™ program by phone or opt for a self-study program (workbook or online versions).

Completion of the Ready to Quit™ program, combined with the proper use of a tobacco cessation medication, has been shown to be your best option for quitting successfully.

Ask a Health Plan health coach for information by calling 1-800-807-0751.

Tobacco-Cessation Medications

Tobacco cessation medications reduce nicotine withdrawal symptoms, such as irritability, impatience, anxiety, and restlessness—making it easier to focus on breaking the habit and the psychological addiction to tobacco.

- **Nicotine Replacement Therapies** — When used as directed, nicotine replacement therapies (NRTs) deliver nicotine in much lower and steadier amounts than smoking or chew tobacco. They are designed to reduce nicotine withdrawal symptoms, as well as nicotine dependence (addiction). NRTs come in a variety of forms, including gum, lozenges, patches, nasal spray, and oral inhalers.
- **Chantix (Varenicline)** — Chantix is effective in lessening nicotine cravings and has helped many smokers successfully quit. Chantix requires a prescription and is usually prescribed for a 12-week period with the option of another 12-week maintenance course.
- **Zyban (Bupropion SR)** — Zyban is effective in lessening nicotine cravings. Zyban requires a prescription and is usually prescribed for seven to 12 weeks.

Call **1-800-807-0751** to speak to a **MyHealth Health Coach**

Health coaching is confidential and no cost to you.

Three program options:

- Telephone-based
- Self-study workbook
- Online

Monday – Friday: 7 a.m. to 8 p.m.

Saturday: 8 a.m. to 3 p.m.

General Tips about Tobacco-Cessation Medications

Here are a few guidelines to help you and your doctor choose the most-effective strategies:

- If you've tried and failed to quit using one particular smoking cessation aid, such as nicotine replacement patches, it may be helpful to try a different one on your next attempt.
- If you used a cessation medication as prescribed for a previous quit attempt, but still had difficulty with intense cravings, talk to your doctor about combining therapies, such as nicotine replacement with drugs that can help minimize those cravings.
- If you're reluctant to quit because you're worried about weight gain, talk with your doctor about treatments that can minimize weight gain and activities you can try to stay active. You can also speak with a UPMC weight management coach at no cost to you.

Know that these medications can only support you in your quit attempt. You will also have to learn how to break your tobacco habits and how to cope with psychological addiction. A coached behavioral support program, such as Ready to Quit™, can help you learn how. When used as directed, cessation medications curb withdrawal symptoms, making it easier for you to focus on using your coping skills. They also reduce your dependence on nicotine so you can give it up for good.

For more information on tobacco cessation, visit WebMD, www.upmc.com, and www.upmchealthplan.com.

Ready To Make a Healthy Lifestyle Change? A Health Coach Can Help

A Free Service Available to Vincentian UPMC Health Plan Members and Wellness-only Members

Ask a UPMC Health Plan Health Coach

Making a lifestyle change is no easy feat, but the UPMC Health Plan health coaches are here to help. Whether you are interested in weight management, physical activity, stress management, nutrition, or tobacco cessation, health coaches can help you make healthy lifestyle changes. Even better, our coaching programs are free for Vincentian employees, spouses, and dependents over 18.



Claire, UPMC Health Coach

1. What can someone expect when they come to you for help?

It's all about what you want to do and what you are ready to change. We can do anything from a one-time coaching conversation to enrolling in a program. We also can pick and choose topics from different programs. For example, we can do a blend of stress management and tobacco cessation, or even weight management topics. Instead of six weeks of tobacco cessation coaching, we can have a few brief coaching sessions and follow up at your convenience. It's really about you and meeting your health goals.

2. What are the programs like for clients who enroll?

Programs can be completed in several ways to fit your needs. We have workbooks for all of our programs—you can do a self-study or talk it through with a coach every week. You can also complete online versions of the programs. We're here for you, whatever you need. It's not about the way our programs work and trying to fit you into a program. It's more about using the resources we have to help you make the changes you're ready to make.

3. How long do coaches stay in touch with clients who enroll in a program?

We follow up one, three, and six months after finishing any program. This helps you stay on track long term. You can also call us if you've had a slip and want to get back on track. Either way, we will call one month after your quit day and ask, "How are you doing with your goals? How can we help?"

4. What kind of backgrounds do health coaches have?

We all have different backgrounds. We are all masters level experts trained in motivational interviewing and behavior change. Our backgrounds range from registered dietitians to health educators, counselors, and exercise physiologists.

5. How are these coaching programs developed?

Everything we present has been written by content specialists and is based on evidence and research, so the techniques are well proven. We also ask for feedback about the programs after people graduate, and our materials are constantly reviewed and updated.

6. Do many people take advantage of your services?

Each year participation definitely grows. Our team has grown over the years, too, to keep up with demand.

7. Why do you think people don't use your services?

People sometimes get concerned about confidentiality, especially when they are incentivized to call us. Also, I think a lot of people don't know that we're here and what we offer, or that it's free.

8. Is client information confidential?

Absolutely. Your employer does not have access to your health records. We follow strict HIPAA and government regulations to protect your privacy.

9. How do you help prepare someone to make a lifestyle change?

When you talk to us about committing to making a change, we always ask what your motivators are. We also like to talk about what your barriers might be, so before someone runs into a problem like not having enough time for exercise or slipping back into using tobacco, we can problem solve and try to prevent setbacks.

10. What do you do when someone falls off track?

If you have a slip you can call us, and we will work through it. We try to help you get back on track right away. We don't focus on negative thinking; we like to focus on the progress people make. Lifestyle changes aren't easy, nobody's perfect 100 percent of the time. It's more about helping you determine what's important and helping you make the right decision most of the time. We're not like drill sergeants. We're here to talk about what happened and help you plan to do things differently in the future.

11. What are the benefits of working with a coach over the phone?

It's convenient to not have to physically travel for an appointment, and it's confidential.

12. What is the tobacco cessation program like?

Our Ready to Quit™ tobacco cessation program is for quitting cigarettes or smokeless tobacco. It looks at a person's tobacco usage and guides them through the process of quitting. The program includes success tips and strategies based on scientific research. This program can be completed with the help of a printed workbook, with a health coach on the phone, or online.

13. What's the best part about being a health coach?

Helping you take steps toward meeting your goals. Changes like taking a short walk every day or eating a piece of fruit every morning may seem small, but they can really add up over time. We want to help you feel empowered to take control of your health.

14. Do you have any particularly memorable experiences as a health coach?

I worked with a gentleman who lost a significant amount of weight in our weight management program. He told me how great it is that he can go out in the backyard and play baseball with his kids now. People say it changes their lives. They become positive role models for others.

Health coaches can be reached Monday through Friday between 7 a.m. and 8 p.m. and on Saturdays between 8 a.m. to 3 p.m. at 1-800-807-0751.

Is the Nicotine Patch Right for Me?

UPMC Health Plan



The nicotine patch is a proven way of helping relieve nicotine withdrawal symptoms when used properly.

Although an estimated 70 percent of smokers want to quit, doing so can be tough. This is where a little help can go a long way. Nicotine replacement therapies such as the nicotine patch can help you quit, especially when combined with a coaching program like the UPMC MyHealth Ready To Quit™ tobacco cessation program — combining these two treatments can boost the power of both, increasing your chances of quitting for good!

Patches are one of many treatments available. Patches stick onto the skin just like an adhesive bandage. The sticky side of the patch contains a layer of nicotine. While you wear the patch, nicotine passes through your skin into your blood. This delivers nicotine in a steady stream, which helps reduce those unpleasant cravings and other nicotine withdrawal symptoms such as irritability, anxiety, restlessness, and impatience.

By gradually reducing the amount of nicotine you receive, you are slowly weaned off of nicotine and you can comfortably stop nicotine replacement therapy without suffering intense withdrawal symptoms.

Research suggests nicotine replacement therapies such as the patch can double your chances of quitting successfully.

Add the support of a health coach by enrolling in the Ready to Quit™ tobacco cessation program, and your chances of quitting successfully may be six times greater than trying to quit on your own. Patches can help with your cravings while the program and your coach can guide you through the quitting process and provide valuable knowledge and skills to help you stay tobacco-free for good.

Through your UPMC Health Plan benefits, Vincientian offers access to nicotine replacement patches and several other treatment options at no cost to you with a prescription from your doctor. The UPMC MyHealth Ready to Quit™ tobacco cessation program also is free. Call a coach at 1-800-807-0751 to discuss your options and get started today.

You can also find about more about tobacco cessation resources at upmchealthplan.com:

Log into upmchealthplan.com > Select Better Health and Wellness > Resources for Healthier Living > Browse by Health Topic > Quit Tobacco > View Resources > Quit Tobacco MyHealth Assistant

Tips for Using the Patch

- Apply your patch as soon as possible in the morning, on a clean, dry, and relatively hairless part of the body below the neck and above the waist, usually the upper arm, shoulder, or chest. Once you apply a patch, wear it throughout the dosage period without removing it. Because the patch releases nicotine in a slower and steadier fashion than a cigarette, the patch cannot be taken off and put on only when a craving strikes.
- Follow your doctor's guidelines for use and their recommendations for reducing the amount of nicotine over time.
- Choose a new application site each day of the week. Using the same spot more than once per week can lead to skin irritation. If you experience irritation be sure your patch is not placed in an area where you skin moves or stretches a lot, or consider switching to another brand of nicotine patch. Don't give up!
- If you have a history of heart disease, nicotine patches should be used only under your doctor's guidance.

Can Nicotine Gum or Nicotine Lozenges Help Me Quit Smoking?

UPMC Health Plan

Quitting smoking can be difficult, but with the help of tobacco-cessation products you can improve your odds of success. Nicotine replacement therapies such as nicotine gum or nicotine lozenges can help you quit, especially when combined with a coaching program like the UPMC MyHealth Ready to Quit™ tobacco cessation program. The combination of a nicotine replacement product and coaching can boost the power of both, increasing your chances of quitting for good!

Nicotine gum and lozenges can be very effective at controlling unpleasant withdrawal symptoms, such as irritability, impatience, and anxiety, associated with quitting tobacco use, provided that:

1. You use enough each day.
2. You use the gum or lozenge for the full recommended course of treatment.
3. You use the product properly.



More About Gum and Lozenges

Both gums and lozenges contain a small amount of nicotine. The nicotine is absorbed through the lining of the mouth when used according to directions. Nicotine gum and lozenges are short-acting, which means that you have to use them frequently enough, about one piece every one to two hours for the first six weeks, in order to avoid nicotine withdrawal. One advantage of using these short-acting forms is that you can use an extra piece between scheduled doses to help control sudden cravings and urges to smoke. Pay attention to the instructions and be careful not to exceed the recommended daily limit. They come in several different flavors and different strengths. Talk to your doctor or pharmacist about which strength is right for you.

Use of nicotine gum or lozenges is recommended for about 12 weeks. After the first six weeks, you will begin to taper the amount of nicotine and eventually wean off the product. Be sure to read the instructions for use for more detailed information.

Finally, these products should not be treated like regular chewing gum or candy. For nicotine gum, you must follow a specific technique for it to work effectively. To release nicotine from the gum, slowly bite down on the piece of gum until you notice a peppery taste or tingling sensation in your mouth. At that point STOP CHEWING and park the gum, between your cheek and gums until the peppery flavor or tingle subsides. Then, move the gum to the other side of your mouth and repeat the bite-tingle- park sequence again. Repeat this process until you can no longer get a tingle from the gum. That is a sign that the gum is spent and can be discarded. When used this way, each piece typically lasts 20- 30 minutes. It's also important not to eat or drink while the gum is in use.

Lozenges do not require as much attention as nicotine gum, but many of the same rules apply. Simply place a lozenge in your mouth according to schedule and allow it to slowly dissolve. Do not chew the lozenge or swallow it whole. Avoid eating or drinking during use to prevent problems with nicotine absorption.

Research suggests nicotine replacement therapies can double your chances of quitting successfully.

Add the support of a health coach by enrolling in the Ready to Quit™ tobacco cessation program, and your chances of quitting successfully may be six times greater than trying to quit on your own. Gum or lozenges can help with your cravings while the program and your coach can guide you through the quitting process and provide valuable knowledge and insight to help you stay tobacco-free for good.

Through your UPMC Health Plan benefits, Vincientian offers access to nicotine gum, lozenges, and several other tobacco cessation medication options at no cost to you with a prescription from your doctor. The UPMC MyHealth Ready to Quit™ tobacco cessation program is also free. Call a coach at 1-800-807-0751 to discuss your options and get started today.

You can find about more about tobacco cessation resources at upmchealthplan.com:

Log into upmchealthplan.com > Select Better Health and Wellness > Resources for Healthier Living > Browse by Health Topic > Quit Tobacco > View Resources > Quit Tobacco MyHealth Assistant

Additional Tips for Using Nicotine Gum or Lozenges

Consult your doctor before starting nicotine gum or lozenge if you have:

- A heart condition or heart disease
- High blood pressure
- Stomach ulcers
- Diabetes

Follow the product's guidelines for use, including recommendations for tapering off the product.

- Keep a count of exactly how many pieces you use each day.
- Keep some of your nicotine gum or lozenges in your car, in your bag, at work and at home.

Nicotine gum and lozenges may contain enough nicotine to harm children or pets. Store these products in a safe place.

Is Chantix Right For Me?

UPMC Health Plan

Quitting smoking isn't easy, but you can improve your odds of successfully quitting with the aid of a cessation medication such as Chantix. Chantix can double your chances of quitting smoking compared to trying to quit on your own. Combining a tobacco cessation medication with a coaching program like UPMC MyHealth Ready to Quit™ can increase your odds of quitting sixfold!

Chantix can relieve your cravings and nicotine withdrawal symptoms, and a coaching program helps by giving you the knowledge and skills you need to stay tobacco-free.

What Is Chantix?

Chantix is a non-nicotine prescription medicine specifically designed to help reduce cravings and withdrawal symptoms caused by quitting tobacco.

How It Works

Chantix targets nicotine receptors in the brain and attaches to them so that nicotine is blocked from filling these receptors. This in turn blocks nicotine's behavior reinforcing, addictive action in the brain. If you should use tobacco while taking Chantix, any pleasurable effects will be greatly reduced, helping you break your dependence on tobacco as a means to cope with life's challenges. It is also believed that Chantix activates nicotine receptors in the brain in a way that helps relieve nicotine withdrawal symptoms.

Cost of Medications

UPMC Health Plan offers several medication options at no cost to you when you get a prescription from your doctor. To receive Chantix at a \$0 copay, Step Therapy is required. This means you must first try a generic tobacco cessation product (such as generic gum or patches) and get a prior authorization from your doctor. You can contact UPMC Health Plan Pharmacy Services at 1-800-396-4139 for more details.

How Your Doctor Can Help You Quit

If you're considering medication to help you quit smoking, talk to your doctor or pharmacist to see which medication options may be best for you.

Important Safety Information

You should not take Chantix in combination with other smoking cessation medications. Common side effects include:

- Nausea (30 percent of users)
- Sleep problems (trouble sleeping, changes in dreaming)
- Constipation
- Gas
- Vomiting

Tell your doctor if:

- You have kidney problems.
- You have a history of depression or other mental health problems, as these symptoms may worsen while taking Chantix.
- You have a history of heart or blood vessel problems or have any new or worse symptoms during treatment with Chantix.
- You develop a serious allergic or skin reaction to Chantix, including swelling of the face, mouth, throat, or a rash. Stop taking Chantix and tell your doctor right away if this happens, as some of these can be life-threatening.

Warning:

Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using Chantix to help them quit smoking. Some people had these symptoms when they began taking Chantix, and others developed them after several weeks of treatment or after stopping Chantix. If you, your family, or caregiver notice agitation, hostility, depression, or changes in behavior, thinking, or mood that are not typical for you, or you develop suicidal thoughts or actions, anxiety, panic, aggression, anger, mania, abnormal sensations, hallucinations, paranoia, or confusion, stop taking Chantix and call your doctor right away.

Is Zyban Right For Me?

UPMC Health Plan

Quitting smoking can be very difficult, but you can improve your odds of success with the aid of a cessation medication such as Zyban. Zyban works just as well as nicotine replacement therapies such as nicotine patches, lozenges, or gum. Using Zyban along with nicotine replacement therapy can further increase your chances of success. Taken as directed, Zyban reduces craving, irritability, restlessness, anxiety, difficulty concentrating, and feelings of unhappiness or depression.

Add the support of a health coach by enrolling in the UPMC MyHealth Ready to Quit™ tobacco cessation program, and your chances of quitting successfully may be six times greater than trying to quit on your own. Using medication can curb your cravings while your coach helps you through the quitting process and provides valuable guidance to help you stay on track — the combination of a medication and coaching can boost the power of both, increasing your chances of quitting for good!

What is Zyban?

Zyban (Bupropion) is a prescription medication classified as a type of antidepressant. The sustained-release form of bupropion is approved for smoking cessation.

How it Works

Unlike nicotine replacement therapy, Zyban doesn't contain nicotine. It's thought to decrease tobacco cravings and withdrawal symptoms by increasing the levels of certain brain chemicals.

Cost of Medications

UPMC Health Plan offers generic Zyban (Bupropion) and several other treatment options at no cost to you with a prescription from your doctor. Call a coach at 1-800-807-0751 to discuss your options and get started today.

How Your Doctor Can Help You Quit

If you're considering taking a medication to quit smoking, you should talk to your doctor. Discuss your medical history and available treatment options to see which one is right for you.

Important Safety Information

You should not take Zyban if you:

- Are already taking other medicines that contain bupropion (such as Wellbutrin).
- Have seizures or a medical condition that makes you prone to seizures.
- Are taking a monoamine oxidase inhibitor (MAOI).

Common side effects include:

- Dry mouth
- Difficulty sleeping (insomnia)

Tell your doctor if:

- You are prone to seizures.
- You are already taking other medicines.
- You are taking a monoamine oxidase inhibitor (MAOI).

Warning:

The FDA warns that people who are taking bupropion and who experience any serious or unusual changes in mood or behavior or who feel like hurting themselves or someone else should stop taking the medicine and call a doctor right away.

Raising a Toast to Tobacco Cessation

How to Avoid the Urge to Smoke at Parties with Alcohol

For those who are trying to quit smoking, raising a toast or two can make it difficult to stay away from cigarettes.

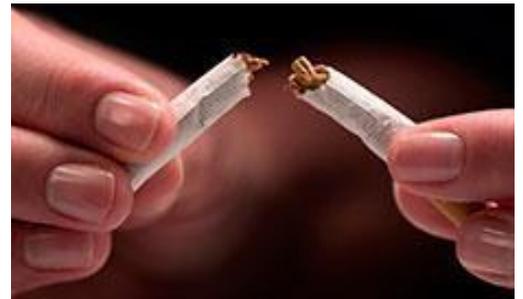
There's a very strong link between alcohol and cigarettes. Alcohol can make it harder to control how you respond to cravings. When you make the decision to quit smoking, it can be tough in those early weeks to see friends having cigarettes along with their drinks. It can be easy in those situations to slip back into the habit, but you can avoid it by taking a few smart steps.

In the beginning, focus on overcoming simple, everyday triggers to smoke. Avoid alcohol and places where smokers get together. Give yourself a few weeks to get adjusted to not smoking and find other ways to socialize with your friends.

When you feel confident about managing everyday situations such as your morning routine, driving your car, or taking a break without lighting up, you may be ready to tackle more difficult challenges. When it comes to alcohol and socializing, taking it slow and building in safety nets can make all the difference.

Tips from successful ex-smokers:

- Practice how you will handle the offer of a cigarette — a simple, confident “No, thanks, I don't smoke.”
- Choose nonsmoking establishments.
- When you go to a place where there will be alcohol, take a friend who doesn't smoke and ask them ahead of time to distract you from situations that might threaten your resolve. It helps to be able to talk through an urge with someone who is willing to support you.
- Consider not drinking alcohol at the first few social events you attend; if you do— keep your resolve strong by limiting yourself to one drink. Choosing something other than your usual drink will also help avoid a trigger to smoke.
- If you use nicotine gum or lozenges, make sure you bring enough with you.



The right mix of support, planning, and tobacco cessation medication can help you kick the habit for good. Reach out to UPMC Health Plan's MyHealth Ready to Quit™ Line at 1-800-807-0751 for more information on smoking cessation programs and tools.

Text Message Support Tool at Your Fingertips!

A Free Service from the National Cancer Institute's Smokefree.gov program

Thinking about quitting smoking? There is help!

Text message support can provide you with helpful tips for your quit attempt. SmokefreeTXT is a program for adults who are ready to quit smoking.

Whether you are thinking about quitting, planning your quit day, trying to stay tobacco-free, or deciding how you will cope with a policy change, SmokefreeTXT can provide you with helpful tips along the way.

How It Works

The texts range from specific cessation information to motivational messages that will support you every step of the way. You will receive texts daily for 6 to 8 weeks. You can sign up or opt out at any time. Opt out by texting "STOP" or text "HELP" at any time for more information about the program.

Sign up by texting "QUIT" to 47848.

If you have a supportive friend, family member, or a quit buddy, they can sign up too!

Smokefree Text Messaging Programs are a free service of the National Cancer Institute's Smokefree.gov. There are text programs for adults, teens, pregnant woman, veterans, and people who use smokeless (chew) tobacco. Spanish-language versions are also available. Learn more at <https://smokefree.gov/tools-tips/text-programs>

By signing up you agree to receive text messages, which may be sent through an automatic telephone dialing system, at the mobile number provided. Standard messaging and data rates may apply. Text "STOP" at any time to stop receiving the messages.



Public Tobacco-Cessation Resources

Here are additional free public resources that can also help you quit smoking:

- **Pennsylvania Free Quitline:** The PA Free Quitline service is safe, secure, and easy-to-use. It offers:
 - Up to five coaching sessions by phone.
 - Limitless calls to the PA Free Quitline as needed.
 - Education material about quitting tobacco use.
 - Free Nicotine Replacement Therapy for qualified callers (up to eight weeks of patches).

Call 1-800-784-8669 (QUIT-NOW) or visit <https://pa.quitlogix.org/en-US/>.

- **Smokefree.gov:** Find support, tips, tools, and expert advice to help you or someone you love quit smoking. Visit www.smokefree.gov.
- **UPMC Health Library:** Learn how smoking and tobacco use impacts your health and how to quit at the [UPMC Health Library](#).
- **Smoking and Tobacco Use, Centers for Disease Control and Prevention**
https://www.cdc.gov/tobacco/quit_smoking/index.htm
- **Tobacco Cessation, American Lung Association**
<https://www.lung.org/policy-advocacy/tobacco/cessation>