

Tobacco Cessation Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



Tobacco Cessation Resources

Telephone Wellness Coaching

Learn to reach your health goals with a free wellness coach. Whether you're trying to get more active, manage your weight, quit tobacco, or handle stress, a personal health coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it's convenient for you.

Fee: No fee

Contact: 1-866-251-4514

6 a.m. to 7 p.m. daily to schedule a coaching appointment.

Smoker's Telephone Helpline (1-800-NO-BUTTS)

- Free, confidential telephone counseling.
- Convenient hours: days, evenings, weekends
- Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/ TTY

Call the Health Education Department or stop by one of our locations for more information.

Oakland

Health Education Department
510-752-6150

Health Education Center
3600 Broadway
Oakland, CA 94611

Healthy Living Center
3701 Broadway
Oakland, CA 94611

Education & Technology Center
3801 Howe Street
Oakland, CA 94611

Alameda

Health Education Department
510-752-9215
2417 Central Ave
Alameda, CA 94501

Richmond

Health Education Department
510-307-2210
901 Nevin Ave., Bldg. 1
Richmond, CA 94801

Pinole

Health Education Department
510-243-4020
1301 Pinole Valley Road, 1st
Floor Pinole, CA 94564



Do you want to double your chances of quitting LONG TERM?

There are medications which can help!

Ask your doctor about options that will work for you.

Medications to Help Quit Smoking

Tobacco cessation medications are an important part of an overall quit plan.

These medications:

1. Ease the symptoms experienced as the body withdraws from nicotine.
2. Are a proven method to help people quit.

There are two main types of tobacco cessation aids:

1. Nicotine replacement therapy (NRT) provides the body with nicotine to help reduce withdrawal.
 - a. The most common forms of NRT are:
 - Nicotine Patch
 - Nicotine Gum
2. Non-nicotine therapies include bupropion (with the brand names Zyban and Wellbutrin) and varenicline (known as Chantix).

Using tobacco cessation aids will not automatically result in quitting, but they can increase your chances of being successful.

Your Health Online Shortcuts to better health at kp.org

kp.org/healthcoach – An online health coaching program

kp.org/healthylifestyles – BREATHE: A personalized assessment and smoking cessation program

kp.org/mydoctor –

- Select and communicate with your doctor
- Access online programs, videos, and podcasts

kp.org/espanol - content in Spanish

kpdoc.org/tobaccomedications – An interactive overview of medications to help quit smoking.

kp.org/eastbay/healtheducation – resources & programs to help you maintain and improve your health and wellness.

