



# STAYING HEALTHY AND QUITTING TOBACCO

HEALTH EDUCATION DEPARTMENT • KAISER PERMANENTE • SAN FRANCISCO

## Counseling & Support Options

### Telephonic Wellness Coaches \*

**1-866-251-4514**

Get the motivation and guidance you need to take an active role in your health, with our wellness coaches. Whether you're trying to get more active, eat better, manage your weight, quit tobacco or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. Better yet, you don't even have to leave home to get started on your path to health. You and your coach talk one on one by phone at a time that's convenient for you. Coaches can prescribe nicotine replacement products over the phone and provide continued support.

**Fee:** No fee for members (*members only*)

### Individual Counseling \*

**415-833-3450**

Get the motivation and guidance you need to quit tobacco with the help of a Clinical Health Educator. The Clinical Health Educator works closely with your provider to arrange individual smoking cessation counseling sessions in-person and over the phone. Call the Health Education department or email your provider at [Kp.org](http://Kp.org) and ask to schedule a one on one appointment with a Clinical Health Educator

**Fee:** No fee for members (*members only*)

### The California Smoker's Helpline (All ages)

**1-800-NO-BUTTS**

A FREE telephone –based smoking cessation program to help you quit smoking. Funded by the California Department of Health Services.

**Vietnamese.....1-800-778-8440**

**Korean.....1-800-556-5564**

**Mandarin & Cantonese.....1-800-400-0866**

**Deaf/Hearing Impaired.....1-800-933-4833**

## Health Education Classes

### Pathways to Emotional Wellness \*

**415-833-3450**

Overview for Stress, Depression and Anxiety **Fee:** No fee for members; \$20 for nonmembers

**Dates/times:**

6:30 – 9:00 p.m. 1<sup>st</sup> Wednesday of each month at French Campus

6:00 – 8:30 p.m. 3<sup>rd</sup> Wednesday of each month at Mission Bay

### Yoga (8 Sessions)

**415-833-3450**

This program is based on a variety of yoga postures emphasizing stretching and toning muscles, relieving tension, and cultivating mind body awareness. **Fee:** \$53 for members; \$77 for nonmembers

**Dates/times:**

Offered Tuesdays & Thursdays at French & Mission Bay Campus

\*For Providers, resource is direct bookable via eConsult:  
San Francisco-Health Education

## Smoking Cessation Aids

### Nicotine Patch:

#### What is the nicotine patch?

The nicotine patch provides a steady amount of nicotine to the body through the skin. This can lessen the overall cravings for cigarettes. Patches are usually put on in the morning and worn for 24 hours or taken off at bedtime (16 hour use).

Treatment normally lasts six to eight weeks. You must not smoke while using the patch because your body may get too much nicotine.

### Nicotine Lozenge or Gum:

#### What is the nicotine lozenge or gum?

The nicotine lozenge and gum provides the body with nicotine at individual points in time. The lozenge and gum should be used on a regular schedule (usually at least 1 piece every 1-2 hours). The lozenge should be placed between the gum and cheek and is usually sucked on for 20-30 minutes. The gum should be chewed until you experience a “peppery” taste, and then it should be “parked” between the cheek and gum for the nicotine to absorb.

### Bupropion SR (Wellbutrin, Zyban):

#### What is Bupropion SR and how is it used?

Bupropion SR, also known as Wellbutrin SR and Zyban, is a prescription medication that can help to ease withdrawal symptoms and the urge to smoke. Bupropion is also used to treat depression. However, you do not have to be depressed to take Bupropion for smoking cessation. Bupropion is started while you are still smoking, with a quit date set for about a week later. The medication is taken for about eight weeks.

### E Cigarette:

#### What are E Cigarettes?

E Cigarette products are currently non-regulated, so there is no way to ensure the safety of these products as cessation aids. At the time, Kaiser Permanente Northern California is NOT endorsing these products as a means of quitting tobacco until further well controlled studies demonstrate their efficacy and better production guidelines are established to address safety and quality concerns.

**Non-Formulary Options:** Other medications may be available to help you quit smoking. However, these medications are not on Kaiser Permanente’s prescription formulary because they are second-line therapies. This means they should only be considered after front-line medications.

## Online Shortcuts to better health at kp.org

[Kp.org/quitsmoking](https://kp.org/quitsmoking) –  
Guide to smoking cessation

[Kp.org/healthcoach](https://kp.org/healthcoach) –  
Online health coaching programs

[Kp.org/healthylifestyles](https://kp.org/healthylifestyles) –  
Personalized assessments and action plans for total health

[Kp.org/mydoctor](https://kp.org/mydoctor) –  
Select and communicate with your Doctor  
Access online program, videos & Podcasts

[Kp.org/fitness](https://kp.org/fitness) –  
Help for staying active

[Kp.org/nutrition](https://kp.org/nutrition) –  
Help for eating well

[Kp.org/weight](https://kp.org/weight) –  
Resources to manage weight

**Kaiser Permanente  
Health Education Center  
2241 Geary Boulevard  
San Francisco, CA 94115 or  
1600 Owens Street  
San Francisco, CA 94158  
Phone: 415-833-3450**

**Hours:** Monday—Friday 9a.m.—5 p.m.

**Email:** SFHealthEd@kp.org

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