

Quit Tobacco Your Way



With help from your doctor and Advanced Health

Ready to call it quits? You don't have to do it alone. Get support to quit and to stay tobacco-free, even if this isn't your first time trying. There is no charge with your Oregon Health Plan.

CHOOSE SUPPORT THAT'S RIGHT FOR YOU

Quitting is different for everyone. That's why we offer a variety of options, all free of cost. You can combine counseling and medicine to help you quit for good.



Counseling to Quit: You can have multiple counseling sessions as you work toward quitting. And you can try more than one type of counseling, too.



One-on-One Quit: Personalized support from your doctor or health care provider.



Phone Quit: Support by phone from the comfort of your home.



Group Quit: Support from a trained quit coach in a group setting, with other people who are trying to quit.



Medicine to Quit: Medicine is a safe way to reduce cravings and symptoms while you quit. Many options are available, including patches and gum.

**TALK TO YOUR DOCTOR TODAY TO QUIT TOBACCO FOR GOOD!
OR CALL ADVANCED HEALTH AT 1-800-264-0014.**

**FREE & CLEAR OREGON TOBACCO QUIT LINE
1-800-QUIT-NOW (1-800-784-8669)**

FACTS ABOUT QUITTING

Counseling + Medicine = Success!

When you combine counseling and medicine, you're 3 times more likely to quit for good.

Protect Your Loved Ones

Quitting protects the people around you—especially kids and babies—from colds, asthma attacks and more.

Health from Head to Toe

Quitting lowers your risk of heart attack, stroke and some cancers.

**Support is available to
quit any type of tobacco,
including cigarettes,
cigars, chewing tobacco,
e-cigarettes and more.**



Group support and help from a trained counselor can help you stay away from tobacco for good.

Talk to your provider about quitting and if medicine is right for you. Advanced Health pays for nicotine patches, gum, lozenges, Chantix, and Bupropion SR 150 mg tablets. We pay for 90 days of medicine up to two times per year with a prescription. Attending Quit Tobacco classes can help you quit but is not required. These classes are FREE for Advanced Health members!

EVERY WEDNESDAY*

12:00pm - 1:00pm for

ADAPT Quit Tobacco Program

400 Virginia Ave, Suite 201, North Bend
541-751-0357

*** Reservations not required.**

This is an ongoing program to help individuals QUIT tobacco and STAY tobacco FREE. You can participate in the Support Meetings at Adapt Group Program (4-week program, workbook provided)

EVERY THURSDAY*

Begin with 1st Thursday of the month (4-week sessions):

January, March, May, July, Sept, November 12:00pm - 1:00pm
February, April, June, August, October, December 5:30pm - 6:30pm

Community Health Education Center

3950 Sherman, North Bend

*** Reservations not required.**

Sponsored by Bay Area Hospital

CLASSES ALSO AVAILABLE IN:

Port Orford, Gold Beach and Brookings

For more information and to make a reservation, call 541-404-8510.