

Tobacco Cessation Resources

TRY TO STOP (Phone Counseling)

- Phone counseling includes 5 calls by certified cessation counselors. Initial call approximately 30-45 minutes, subsequent calls approximately 15-20 minutes each.
- Cost: FREE
- 1-800-Trytostop (1-800-879-8678)
Spanish: 1-800-8-DEJALO (1-800-833-5256)
Hearing Impaired: 1-800-TDD-1477 (1-800-833-1477)
- Counselors available Monday through Thursday 9am – 7pm, Friday 9am – 5pm.
- **NOTE:** Completion of 5 counseling calls will qualify for incentive credit. Calls can be made more or less frequently than once per week. After completing counseling sessions you must ask counselor to send you a **Verification Letter**. Because these counseling services are telephonic you will not be able to obtain the counselor's signature, therefore the Verification Letter from 1-800-trytostop will serve as your proof of completion of the counseling sessions. Please complete the Tobacco-Free Affidavit Counseling Completion Form and attach the Verification Letter in lieu of the counselor's signature.

QUIT SMART

- 4-session smoking cessation program, facilitated by a psychologist at Newport Hospital. The program includes coping strategies and tips, stress reduction and relaxation techniques, and relapse prevention and maintenance.
- Cost: \$75 for 4 sessions
- For more information call 401-845-1592

* NOTE: This program, although less than 5 weeks, is eligible for co-share credits.

QUIT SMOKING AND EXERCISE

- A personalized program including two months of exercise and eight individualized sessions using behavior modification.
- South County Hospital Cardiopulmonary Center, South Kingstown
- Programs are on-going and insurance co-pays apply
- For more information call 401-782-8020 Ext. 3484

MIRIAM HOSPITAL

- Individual comprehensive cognitive-behavioral program led by clinical health psychologist. Topics include techniques for dealing with “triggers” that lead to smoking, managing negative emotions and stress, and preventing relapse.
- Six 30-minute sessions are recommended
- Cost: \$75 evaluation fee and \$60 per session
- For more information contact Meredith Dixon at 401-793-8795

Click here for [Tobacco-Free Affidavit/Counseling Completion Form](#)

Click here for [Risks Associated with Tobacco Use](#)

*Myuhc online coaching smoking cessation program NOT eligible for incentive credit.