## UW Medicine UNIVERSITY OF WASHINGTON MEDICAL CENTER

## **Smoking Cessation Resources**

Washington State's tobacco prevention and control program

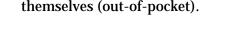
Smoking and being around people who are smoking is harmful to you and your family. Stay away from places where you might be exposed to smoke.

To reach the Washington State Tobacco Quitline:

- Call 800-QUIT-NOW (800-784-8669) Or
- Visit www.quitline.com

Call the Quitline or visit their website to learn about smoking cessation programs that are:

- Covered through your employer. At least 45 employers in the state still cover the cost of tobacco cessation programs for employees and other insurance plan members. Ask your employer if they cover these program costs.
- Covered by Medicaid Fee for Service or Washington State Medicaid.
- Available for those who are:
  - Uninsured
  - Underinsured
  - Pregnant
  - Teens under age 18
  - Referred by Indian Health Service or the Veterans Administration
- Available for those who wish to pay for the Quit for Life program themselves (out-of-pocket).



## **Other Online Resources**

- www.smokefree.gov
- www.becomeanex.org



Help keep yourself and your

family healthy! If you smoke,

quit. And, stay away from places where you might be

exposed to smoke.

- Referred by Indian Health Ser

important. Please make use of the resources on this page if you have questions about quitting

Questions?

Your questions are

smoking.