



Who	What	Information	Cost
BEST METHOD: COUNSELING + MEDICATION SECOND-BEST METHOD: MEDICATION/NRT			
Inland Northwest Health Services (INHS) Community Wellness 509.232.8138 wellness@inhs.org	<ul style="list-style-type: none"> Nicotine Replacement Therapy (NRT)[†] Live and interactive web-based counseling and support Self-help materials 	FREE four week tobacco cessation class as well as education and resources. FREE NRT when not covered by insurance. Class times and location at: https://courseregistration.inhs.org/Home/Course/907	[†] Class is FREE . FREE NRT available when not covered by insurance while supplies last.
Providence Pharmacotherapy Clinic Holy Family: 509.482.3057 Sacred Heart: 509.474.2232	<ul style="list-style-type: none"> In-person counseling and support[†] Medication/Nicotine Replacement Therapy (NRT)[†] Self-help materials[†] 	One-on-one counseling with a pharmacist for tobacco cessation including personalized quit plans, goal setting, support, and medication prescribing. Specialized tobacco cessation SCRIPT program available for pregnant women.	[†] Depends on insurance. Office visits free for those who qualify.
Washington Health Benefit Exchange	<ul style="list-style-type: none"> In-person counseling and support Medication/Nicotine Replacement Therapy (NRT) 	Do you have an individual plan from the Washington Health Benefit Exchange? Call or visit your health plan website. Individual plans cover tobacco counseling, nicotine replacement therapy, & related medications with no out-of-pocket costs.	FREE
Private insurer	<ul style="list-style-type: none"> In-person counseling and support Medication/Nicotine Replacement Therapy (NRT) 	Do you have an employer-based (“group”) insurance plan? Call your human resource office or health plan. Most group plans cover tobacco counseling, nicotine replacement therapy, & related medications with no out-of-pocket costs.	FREE
Community Health Association of Spokane (CHAS) Denny Murphy Clinic 509.444.8200	<ul style="list-style-type: none"> In person counseling and support[†] Nicotine Replacement Therapy (NRT)[†] Self-help materials[†] 	Four week series. Classes are hosted on Fridays. Register in advance. Non-CHAS patients may attend so long as they are accompanied by a CHAS patient.	[†] Depends on insurance
American Cancer Society 866.784.8454 866 QUIT-4-LIFE quitnow.net	<ul style="list-style-type: none"> In-person counseling and support[†] Medication/Nicotine Replacement Therapy (NRT)[†] Self-help materials[†] 	Enroll online by calling 866 QUIT-4-LIFE.	[†] Depends on insurance
Washington State Quit Line 800 QUIT-NOW doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit	<ul style="list-style-type: none"> Telephone counseling and support Nicotine Replacement Therapy (NRT) Self-help materials 	Uninsured or without insurance ? Call 800 QUIT-NOW. You will receive up to five calls with a quit counselor to set up a quit plan to help you quit or stay quit. If you are over age 18 you can also request self-help materials by mail. You may be eligible for two weeks of free nicotine replacement gum or patches (except pregnant women and some contraindications due to caller’s medications).	FREE
		Enrolled in Washington Apple Health (Medicaid)? Call 800 QUIT-NOW. You qualify for eight counseling calls to the Quitline and up to 12 weeks of free nicotine patches or gum per year.	FREE
	<ul style="list-style-type: none"> Telephone counseling and support Nicotine Replacement Therapy (NRT) Self-help materials 		