

Who	What	Information	Cost
THIRD-BEST METHOD: IN-PERSON COUNSELING			
Medicare	<ul style="list-style-type: none"> In-person counseling and support 	Do you have Medicare? Medicare Part B (medical insurance) covers eight face-to-face visits in a 12-month period by a qualified doctor or other Medicare-recognized practitioner.	FREE
Nicotine Anonymous 509.220.6371 nicotine-anonymous.org	<ul style="list-style-type: none"> In person counseling and support Self-help materials 	Wednesdays at 3:30 p.m. - 4:30 p.m. 1700 W. 7th, Spokane, WA 99204	FREE
FOURTH-BEST METHOD: WEB-BASED/SELF-HELP PROGRAMS			
American Lung Association 800 LUNG-USA lungusa.org 7:00 a.m. -11:00 p.m. seven days per week (Central Time)	<ul style="list-style-type: none"> Telephone counseling and support Self-help materials 	Lung Helpline is a resource for those who need help with any lung health issue. You can speak directly with a registered nurse, respiratory therapist, and/or quit-smoking specialist. Includes translation services.	FREE
	<ul style="list-style-type: none"> Web-based cessation program[†] Self-help materials[†] 	Freedom From Smoking is a program designed specifically for adults who want to quit smoking.	Ranges from FREE to \$40 [†] <i>†depends on plan/length</i>
National Alliance for Tobacco Cessation becomeanex.org	<ul style="list-style-type: none"> Web-based cessation program 	The EX Plan is a free quit smoking program, one that can show you a whole new way to think about quitting. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.	FREE
Federal Smoke Free Resources smokefree.gov	<ul style="list-style-type: none"> Web-based cessation program 	Smoke Free Teen teen.smokefree.gov	FREE
		Smoke Free Women women.smokefree.gov	
		Smoke Free Veterans smokefree.gov/veterans	
		Smoke Free Español espanol.smokefree.gov	
Washington Department of Health SmartQuit™ App doh.wa.gov/YouandYourFamily/Tobacco/SmartQuit	<ul style="list-style-type: none"> Web-based cessation program (smart phone app) 	SmartQuit™ is an evidence-based smoking cessation program that is three times more effective than trying to quit on your own. It can be used with or without nicotine replacement therapy. The program is delivered via a smartphone app, so it is private, easy to use and always within reach. Available to Washington state residents only.	FREE
US Department of Veterans Affairs mobile.va.gov/app/stay-quit-coach	<ul style="list-style-type: none"> Web-based cessation program (smart phone app) 	Stay Quit Coach is designed to help veterans quit smoking. It provides readily-available support and information for adults who are already in treatment to quit smoking. The program includes motivational messages and support contacts to help users stay smoke-free.	FREE
My Last Dip mylastdip.com	<ul style="list-style-type: none"> Self-help materials 	My Last Dip is for smokeless and chewing tobacco users who want to quit.	FREE

Sometimes it takes quitting 7-10 times before quitting for good. Keep trying. Tobacco is the leading cause of preventable death in the U.S.



What Method is Best?

- **** Counseling and Medication
- ** In-Person Counseling and Support
- * Web-Based Cessation Programs
- ***/** Medications/Nicotine Replacement Therapy (NRT)
- * Self-Help Materials

KEY
 **** = Best
 *** = 2nd Best
 ** = 3rd Best
 * = 4th Best