



FREE Smoking Cessation Supports:

Text Messaging Programs:

Smokefree.gov offers free text messaging programs that gives 24/7 encouragement, advice, and tips on becoming smoke-free and being healthier. Find the program that meets your needs. You can sign up or opt-out at any time. You must have an unlimited data plan.

- 1.) To sign up online, visit the list of Smokefree text messaging programs at smokefree.gov/tools-tips/text-programs and select the program that matches your goals. To enroll, click on the “Sign Up Now” button. Complete the questions on the sign-up page and you will begin receiving messages right away
- 2.) To sign up by text, choose one of the following:

For Everyone: SmokefreeTXT Text QUIT to 47848	For people who have served in the military: SmokefreeVET Text VET to 47848
For Teens: SmokefreeTeen Text TEEN to 47848	For people who want to build quitting skills: Daily Challenges Text GO to 47848
For people who use chewing tobacco: DipfreeTXT Text SPIT to 333888	For people who want to practice quitting first: Practice Quit Text GO to 47848
For pregnant women: SmokefreeMOM Text MOM to 222888	

Smoke-free Apps*:

The **QuitGuide** is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smoke-free. Use the app to track your cravings by time of day and location, and get motivational messages for each craving you track.

The **quitSTART** app is a free smartphone app, designed for teenagers that helps you quit smoking with tailored tips, inspiration, and challenges. Get ready to quit with tips and information to prepare you for becoming smoke-free.

*Available for Apple and Android systems

smokefree.gov

smokefreevet

smokefreewomen

smokefree60+

smokefreeteen

smokefreeespañol

For more information, contact ISK’s Nurse Care Managers-Juton Hanks 269/364-6977 or Anne Kosanke 269/553-7019

Telephone Quit Lines:

Michigan Tobacco Quit Line: Offers free information and referral to all Michigan residents. You may also qualify for free one-on-one coaching and nicotine replacement therapy to help you quit.

1-800-QUIT-NOW (1-800-784-8669)

National Cancer Institute LiveHelp: Get live, online assistance from NCI's Cancer Information Service by telephone chat. NCI Information Specialists can answer your questions about cancer, clinical trials, and quitting smoking. LiveHelp is confidential. The Information Specialists are trained counselors.

Telephone: 1-877-44U-QUIT (1-877-448-7848) *If you use the phone line, you can create a personalized quit plan, as well talk with you through tough moments in quitting, answer questions and provide support. Monday-Friday 9am-9pm, Available in English and Spanish

Online Chat: livehelp.cancer.gov/app/chat/chat_launch *The chat service is a great resource to help get you through tough moments in quitting, answer your questions and provide support. Monday-Friday 9am-9pm

Spanish Online Chat: livehelp-es.cancer.gov/

Online Resources:

Smokefree: https://smokefree.gov/	American Heart Association: https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco
The Department of Health and Human Services: https://betobaccofree.hhs.gov/	Truth Initiative: https://www.becomeanex.org/
The American Lung Association: https://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html	American Cancer Society: http://www.cancer.org/healthy/stay-away-from-tobacco



smokefree.gov

References:

Smokefree.gov

MDHHS.gov

Cancer.gov

NIH NATIONAL CANCER INSTITUTE



For more information, contact ISK's Nurse Care Managers-Juton Hanks 269/364-6977 or Anne Kosanke 269/553-7019

Medications to help Quit Smoking

Type	How it works	PRO	CON	Side Effects	Cost:
Nicotine Patches	-1 patch is placed on skin. Leave on for 16-24 hours. Remove the old patch and put a new on a different area. -Nicotine is absorbed through the skin.	-Less visible -Once-a-day dose -Continuous nicotine release over the day	-Do not use if you have skin problems	-Irritation at the patch site -Vivid dreams if used overnight	-Generic OTC: \$39.99/2 weeks -Usually covered by private insurance -Covered by Medicaid -No Insurance: Call 1-800-QUIT-NOW (1-800-784-8669)
Nicotine Gum	-Place 1 piece of gum in mouth, chew until tingling is felt, then leave it tucked in between the gums and cheek. Repeat as needed until tingling does not return. -Nicotine is absorbed through the mouth tissues.	-Helps with urge to do something with mouth -Works quickly -Can be used for situational urges	-Must be used multiple times per day -Difficult to use with poor teeth -Do not eat while chewing	-Mouth/throat irritation -Jaw muscle soreness -May stick to dental work	-Generic OTC: \$49.99/ 2 weeks -Usually covered by private insurance -Covered by Medicaid
Nicotine Lozenge	-Place 1 lozenge in mouth and allow to dissolve slowly. Occasionally reposition in mouth -Nicotine is absorbed through the mouth tissues	-Helps with urge to do something with mouth -Can be used for situational urges	-Must be used multiple times per day	-Mouth/throat irritation -Hiccups	-May be covered by private insurance -Generic OTC: \$39.99/week -Covered by Medicaid
Nicotine Nasal Spray	-1 spray in each nostril per dose. -For increased cravings, may use up to 5 doses per hour. No more than 40 doses per day. -Nicotine is absorbed through the post-nasal tissue.	-Works quickly -Can be used for situational urges	-Must be used multiple times per day -Do not use with chronic nasal problems	-Nasal/throat irritation -Tearing up -Sneezing -Cough	-May be covered by private insurance -Covered by Medicaid -Pfizer RxPathways: 1-866-776-3700
Nicotine Inhaler	-Insert 1 cannister into the cigarette-shaped inhaler. Put inhaler to lips and “puff” air into mouth, as if using a cigar. Do NOT inhale into lungs. - Nicotine is absorbed through the mouth tissues.	-Mimics the hand-to-mouth action of smoking -Gives the user “something to do” with their hands and mouth -Can be used for situational urges	-Must be used multiple times per day. -Cartridges need to stay at room temperature.	-Mouth/throat irritation -Cough -Hiccups	-May be covered by private insurance -Covered by Medicaid -Pfizer RxPathways: 1-866-776-3700
Chantix	-A pill taken 2 times per day -Causes smoking to stop being enjoyable. Lose cravings.	-Twice a day dosing -May continue to smoke for a while after starting Chantix	-If you start smoking again after stopping Chantix, the cravings will return. -Monitor for increased psychiatric symptoms	-May caused vivid dreams or nightmares while taking	-Covered by private insurance -Covered by Medicaid -Pfizer RxPathways: 1-866-776-3700
Zyban/Wellbutrin (bupropion)	-A pill taken 2 times per day -Helps decrease cravings	-Twice a day dosing -Can be used with nicotine replacement therapies	-Increased seizure risk -Monitor for increased psychiatric symptoms	-Insomnia -Dry mouth -Anxiety	-Covered by private insurance -Covered by Medicaid -Bridges to Access (GKS): 1-866-728-4368

References: https://www.aafp.org/dam/AAFP/documents/patient_care/tobacco/pharmacologic-guide.pdf https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2973_53244-219403--_00.html www.walgreens.com

For more information, contact ISK’s Nurse Care Managers-Juton Hanks 269/364-6977 or Anne Kosanke 269/553-7019