

Time for a break?

Free yourself from tobacco

Take the first step in quitting tobacco

Quitting isn't easy, and it may take several tries. But Kaiser Permanente is here for you with the support and resources you need. And we'll help you stick to your quit plan — no matter how many tries it takes.

Just visit kp.org/quitsmoking for strategies, tips, and information.

Members and nonmembers alike can access resources for themselves or their loved ones. Learn how to:

- Create a quit plan
- Cope with cravings
- Avoid weight gain

And find out about medications that can make quitting easier by reducing nicotine cravings and other withdrawal symptoms.

Kaiser Permanente members can also access complimentary coaching, classes, and programs.

- Sign up for coaching by phone at times that are convenient for you.
- Attend onsite tobacco-cessation classes at local Kaiser Permanente facilities. (Some classes may require a fee.)



- Enroll in the online Johnson & Johnson Health and Wellness Solutions Breathe program that provides ongoing support and can help you overcome obstacles or setbacks.*

Don't delay — we've got everything you need to take the first step toward quitting.

**CLICK HERE
TO GET STARTED**

*If you are a member in our Mid-Atlantic States region, this value added service is an extra service provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), and is neither offered nor guaranteed under any KFHP-MAS contract. This entity may change or discontinue offering this service at any time. KFHP-MAS disclaims any liability for the service provided by this entity.

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