

Resources at Jefferson Center

Tobacco Cessation Coaching

Wellness Now! offers no cost smoking cessation coaching for clients of Jefferson Center as well as free group classes for the community. Contact the Tobacco Cessation Coaches at 303-432-5564 or tobacco_cessation_coaches@jcmh.org.

Smoking Cessation Aids

Contact your prescriber for nicotine replacement therapy and other smoking cessation medications.

- **Colorado Medicaid** covers: NRT Patch; NRT Gum; NRT Lozenge; NRT Nasal Spray; NRT Inhaler; Bupropion SR (Zyban); and Varenicline (Chantix). Medicaid members can pick up their first box of NRT gum or lozenges without Medicaid prior authorization (but still need a prescription). *Medicaid members must participate in a tobacco cessation counseling program or QuitLine to receive prior authorization.*
- If you have **private insurance**, please contact your insurance provider for more information about covered services.
- If your insurance does not cover Chantix, contact the [Patient Assistant Program](#) at 303-432-5231 to see if you are eligible for reduced cost medications.

Community Resources

Colorado Quitline

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

<https://www.coquitline.org/>

- Offers confidential, one-on-one telephone coaching to help you quit and stay quit, as well as free nicotine patches for eligible community members, self-help materials, and a referral list of other programs in your area.
- Services are also provided in Spanish, Cantonese, Mandarin, Korean, and Vietnamese.
- In addition, the Colorado QuitLine has a special program to help pregnant women quit smoking during pregnancy and stay tobacco-free after the baby is born.

Dimensions Tobacco Free Program – Lutheran Medical Center

303-403-6176

8300 W. 38th Avenue, Wheat Ridge, CO 80033

<https://www.lutheranmedicalcenter.org/Calendar/Dimensions-Tobacco-Free-Program/>

- Provides a **free 6-week drop-in tobacco cessation group** that provides adults who want to quit smoking with tools and support to achieve their goals. The group meets weekly and covers such topics

Table of Contents

- [Resources at Jefferson Center](#): page 1
- [Community Resources](#): page 1
- [Online Resources](#): page 2
- [Mobile Apps](#): page 3
- [Information about Electronic Cigarettes](#): page 4

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



as stress management, wellness, and behavior change techniques. The program is provided courtesy of the University of Colorado Behavioral Health and Wellness Program.

- **Registration is required.** Please call 303-403-7171 or 303-403-6176 for more information.

Kaiser Permanente

303-614-1020

<https://www.kaiserpermanente.org/>

- Offers a variety of web-based and face-to-face support for people at all stages of the quitting process.
 - **Freedom from Tobacco Workshop:** 8-session adult tobacco cessation program offered at Kaiser Lakewood Medical Offices, 8383 W Alameda Ave., Lakewood, CO 80226. The class is free for Kaiser Members and \$50 for community members. Call 303-614-1010 for more information.
 - **Quit Webinar:** To register and for more information about the webinar options visit www.KPWebinar.org or call 1-866-868-7112. You do not have to be a Kaiser member to participate.
 - **Talk with a Health Coach:** Kaiser Members call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.

Nicotine Anonymous

1-877-879-6422

www.nicotine-anonymous.org

- Offers face to face, phone and web-based 12 Step meetings.
 - **Denver 12 Step Meeting:** Sundays at 12:30pm at Our Savior Lutheran Church, 915 East 9th Avenue, Denver, CO 80218. Call 303-831-7023 for more information.

Online Resources and Web-Based Smoking Cessation Coaching

TobaccoFreeCo.org

<http://www.tobaccofreeco.org/>

- Provides information about the impact of tobacco use, information on how to quit, and local resources.

Colorado Quit Net

<http://www.quitnet.com/>

- Offers online support to quit smoking

Be Tobacco Free

<http://betobaccofree.hhs.gov/>

- Comprehensive website that coordinates access to the best and most up-to-date tobacco-related information from the Department of Health and Human Services

SmokeFree.gov

www.smokefree.gov

- Website to help you or someone you care about quit smoking.



Become An Exwww.becomeanex.org

- Website designed to help you relearn your life without cigarettes.

My Last Dipwww.mylastdip.com

- Website for people who use chew, dip, or other forms of smokeless tobacco.

The Truthwww.thetruth.com

- Provides information about the tobacco industry. Includes games, videos, and other fun resources to help you build your resolve to remain smoke free and help your older children choose tobacco-free living.

Smoking Cessation Mobile Apps**QuitStart**<http://smokefree.gov/apps-quitstart>

Free app that takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smoke-free and live a healthier life.

QuitGuide<http://smokefree.gov/apps-quitguide>

Free app that tracks cravings, moods, slips, and smoke-free progress to help you understand your smoking patterns and build the skills needed to successfully become and stay smoke-free.

Information about Electronic Cigarettes

- **E-Cigarettes are not regulated or approved by the FDA as smoking cessation aids.** There is no evidence that e-cigarettes help people quit smoking!
- **E-Cigarettes are not reliable in how much nicotine they dispense.** They may say that a certain amount is dispensed, but research is showing that the consistency of that is not steady. It is unknown what is being inhaled when using e-cigarettes.
- **E-Cigarettes may contain cancer-causing chemicals and fumes.** Current research has documented several carcinogens noted within the e-cigarettes' vapor. Since they are not regulated by any governmental agency, amounts of nicotine and chemicals may vary between brands of e-cigarettes. Some have been found to contain cancer-causing chemicals and fumes.
- **The FDA and CDC are unsure what health risks are associated with using E-Cigarettes.** It is likely that the health risks are fewer than cigarettes (as cigarettes are the deadliest consumer product on the market), but as a new product, there is not enough information to gauge the true health impacts.

