

Smoking Cessation Resources

If you've been thinking about quitting smoking or know someone who is, here are some resources to help you find the support you need.

Health Insurance Resources:

- **Blue Cross Blue Shield** – if you have BCBS insurance, you have access to the BluePrint for Health stop-smoking program; this program helps you quit smoking on your terms, at your own pace with personal one-on-one support through telephone counseling and home mail. You receive personalized coaching that will help you quit smoking – even if you're not quite ready to quit!
 - **Begin by calling: 1-800-835-0704**
- **Health Partners** – Partners in Quitting® is a phone-based, personalized counseling program. A health educator will work with you one-on-one over the phone to help you quit. It's free to all HealthPartners members and \$150 for nonmembers.
 - **To Register call: 952-883-7800**, 1-800-311-1052 (outstate), 952-883-7498 (TTY)
- **Medica** – if you have Medica insurance, you have access to Medica CallLink nurse line which offers a free tobacco-cessation phone support service.
 - **Begin by calling: 1-800-962-9497** (CallLink) or **1-800-270-7867** (tobacco help line)
- **Preferred One** – members have access to Medica's tobacco help line at: 1-800-270-STOP (7867)
- **UCare Minnesota** – UCare MN members (except those enrolled in UCare Senior Select) can participate in smoking cessation services offered by the Mayo Clinic Tobacco Quitline (MCTQ), American Lung Association, or Mercy & Unity Hospitals at no charge. Nicotine patches and other nicotine replacement products may be available at no cost to MCTQ participants. Smoking cessation and nutrition classes are available to UCare members at no cost through Mercy and Unity Hospitals; members must provide their UCare ID number when registering – classes are held in Coon Rapids and Fridley.
 - **For more information:** contact UCare Customer Services Department at 612-676-3200 or 1-800-203-7225 (toll free); TTY/hearing impaired 612-676-6810 or 1-800-688-2534 (toll free)
 - **Members may contact the following agencies directly at:** American Lung Association 651-227-8014; Mayo Clinic Tobacco Quitline 1-888-642-5566 (toll free)
 - **For more information or to register for classes at Mercy or Unity Hospital:** call Medformation at 651-697-3333



Other Resources:

- www.SmokingCessationNation.com – this website has a variety of tools and information to help you quit smoking and lead a healthier lifestyle, whether you or someone you know is ready to quit or just thinking about it. It also has links to help you determine which quit aid might work best for you. There is a short assessment you can take to help determine a customized quitting plan that will best suit your needs.
- **American Lung Association** – offers a variety of resources and Freedom From Smoking Online®, a free online smoking cessation program at www.alamn.org/smoke/quit.asp. They also offer Freedom From Smoking® - an 8 session group program led by experts who understand your motivations and rationalizations about continuing to smoke. The program uses a positive behavior change approach that teaches you to become a nonsmoker; participants quit in the third week. Classes are held in St. Paul with a new session beginning every other month. The clinic fee is \$90 (check with your healthcare insurance for possible tuition reimbursement). You can also purchase self-help materials based on the clinic program. In addition, they have a program for helping teens to quit smoking.
 - For more information, call QUITPLAN: 1-888-354-PLAN
- **MN Partnership for Action Against Tobacco (MPAAT)** – MPAAT’s programs to help people stop smoking are called QUITPLAN™:
 - www.quitplan.com – this website provides options for those people who may not want face-to-face or telephone counseling. This free, interactive website is a person, one-stop support center that features self-evaluations, counselor assistance, forums to discuss success and obstacles with other smokers and e-mails sent to participants to celebrate progress and quitting milestones.
 - Quitplan helpline: 1-888-354-PLAN – callers talk with counselors to create a personal plan to quit. You may receive free nicotine patches or gum if it’s determined appropriate for you. These services are **free to people without stop-smoking insurance coverage**. If you have coverage, you will be transferred to your insurance’s stop smoking counseling line.
 - *Note: there is also a line for Spanish-speaking and hearing-impaired individuals*
- **Park Nicollet** – Clean Break Smokers’ Treatment Program is a long-term program with group instruction and individual phone counseling. The first 2-hour meeting is free (located at the main Park Nicollet campus in St. Louis Park).
 - **For more information call: 612-331-7867**
- **U.S. Department of Health and Human Services** – Offers tobacco cessation guidelines and access to the *You Can Quit Smoking* kit. This is a one-stop source to help you become tobacco free and contains guideline products available in easy to read English and Spanish formats.
 - Materials can be downloaded and printed from the website at: www.surgeongeneral.gov/tobacco/conspack.html

