

Ready to quit?

Kaiser Permanente offers a variety of programs and resources to aid you in your smoking/vaping quit journey.



Healthy Living Class

Get support to quit smoking/vaping in our virtual and in-person class. Visit kp.org/classes/ga to view schedule and get registered!



Wellness Coaching by Phone

Connect with a wellness coach to create an individualized action plan and reach your quit goal. Call **1-866-862-4295** to schedule your first session, Monday - Friday 10am- 10pm EST.



Medications to Help Quit Tobacco

We can help you decide if non-prescription nicotine replacement therapy (gum, patch, etc.) and/or prescription medications are right for you. Visit kp.org to message your provider today!



SmokefreeTXT Program

Whether you smoke or vape, **Smokefree.gov** Text Messaging program provides encouragement, advice, and tips to aid you in your quit journey. Text **QUIT** to **47848** to sign up!

Self-Care Apps

Explore apps that can benefit anyone – as self-guided self-care or complements to clinical support.

Go to kp.org/selfcareapps/ga. Have your KP User ID and Password ready.

Additional Resources

- GA Tobacco Quit Line for Life @ **1-800-QUIT-NOW (784-8669)**
- Join a support group, such as Nicotine Anonymous
- Consider a Quit Smoking/Vaping program, such as the American Lung Association's Freedom from Smoking program.

Learn more

Learn more about quitting smoking/vaping and additional resources to help you quit at kp.org/quitsmoking.



View live virtual class schedules and on-demand videos at kp.org/classes/ga

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