

Support

We offer three levels of support to help you quit smoking or quit the use of other tobacco products. The level of support you need is based on you and your particular situation.

Level One

- Level one support for quitting starts with your primary care provider. Simply talk with your primary care provider about your interest in quitting.
- Your primary care provider can give you tips for quitting and medication options to help.
- Nicotine is an addictive drug but there are effective and safe methods to beat the addiction.



Level Two

- Level two support also starts with your primary care provider.
- Each clinic has a tobacco cessation expert trained in the latest ways to help people quit tobacco. Your primary care provider or clerk can introduce you to the clinic expert.
- This primary care staff person can usually see you right away for a brief (15-20 minute) individual visit. They will give you more strategies and help you design your own plan for quitting.
- If you wish, the primary care staff will help you get medications to increase your chances of success.
- Follow-up will happen in two – three brief visits, some of which can be on the telephone.

Level Three

- Level three is our specialty program called QuitSmart™.
- Level three support is our most intensive program, provided by QuitSmart leaders.
- QuitSmart™ includes:
 - QuitSmart Guide - information about medications, including nicotine replacement, and other strategies to help you quit.
 - Hypnosis Audiotape/CD - induces relaxation and helps you overcome your emotional dependence on cigarettes.
 - Better Quit Cigarette Substitute - this device has a realistic feel and an adjustable air flow to gradually reduce your habit of handling a cigarette.

Resources

New York State Smokers Quitline
www.nysmokefree.com
or call the New York State (24 hr) helpline
for free coaching & support
1-866-NY-QUITS (1-866-697-8487)

Online Guide to Quitting
www.smokefree.gov
or call
1-800-QUITNOW (1-800-784-8669)

