

Please Note: None of the programs have a fee but there may be a co-pay or other cost for medicines or supplies. If you are interested in participating with a specific program refer to the Contact Information for details. Thank you for helping us create a “Clean Air Zone”.

Organization Name	Description	Available to	Type of Resource	Contact Information
UVA Hoo’s Fit: Smoking Cessation – Quit for Life	A tobacco cessation program for UVA employees, their spouses and adult children. It includes access to Quit Coaches who will help you develop a quit plan and help with choosing a cessation medicine.	Employees who participate in the UVA Health plan	Phone & Website, Coaching	UVA Benefits at 434.924.4307 or car8z@virginia.edu or visit www.hrs.virginia.edu/worklife.html . You can also enroll by calling 1.866.QUIT.4.Life (1.866.784.8454) or visiting www.quitnow.net/uva
Clean Air Club	Connects individuals with the right resources	Employees, Patients, Families	Phone & Website	434.924.3627 www.uvahealth.com
Breathe Better, Live Longer – Thursdays from 5:30 pm - 6:30 pm at the Thomas Jefferson Health Department	A group meeting for smokers who are ready to quit . Provides education by health care providers, useful tools and group support	Employees, Patients, Families	Group	Barrie Gleason Carveth, Charlottesville Free Clinic 434.296.5525 barrie@cvillefreeclinic.org
UVA Outpatient Pharmacy Clinic Every Wednesday from 12 pm - 4 pm	A pharmacist-led smoking cessation clinic either by appointment or walk-in.	Employees, Patients, Families	Individual session	Outpatient Pharmacy at 434.924.9041
SmokeFree Virginia	Maintained by the Virginia Dept. of Health and the Alliance for the Prevention & Treatment of Nicotine Addiction providing information and resources.	Employees, Patients, Families (English & Spanish)	Phone & Website Coaching	Call 1.800.QUITNOW (784.8699) or visit www.smokefreevirginia.org 24 hours a day.
Faculty and Employee Assistance Program	Individual consultation to address any personal issues including smoking cessation.	All Employees & Families	Individual or Phone	Call 434.243.2643 or visit www.healthsystemvirginia.edu/internet/feap
CS2Day – Cease Smoking today	National website co-sponsored by UVA providing tools and statistics for clinicians and educators working with patients who want to stop smoking	Targets Clinicians & Educators but available to all	Website	www.ceasesmoking2day.com

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