

SMOKING CESSATION RESOURCES

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
UVA Health Resource Center	Offers handouts based on the stages of change, and individualized connection with an appropriate resource.	Employees, Patients, Families	Phone & Website, Individual Consultation	434.924.5000 or email healthresources.virginia.edu or visit www.healthsystem.virginia.edu/internet/healthresources
Breathe Better, Live Longer - First & Third Thursday from 5:30pm-6:30pm at the Thomas Jefferson Health Department	A group meeting for smokers who are ready to quit providing 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 12:00-4:00pm.	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 (784.8669) 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.healthsystem.virginia.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

OTHER RESOURCES TO SUPPORT SMOKING CESSATION

VIDEOS AVAILABLE AT THE MEDICAL CENTER

Call 2-1600 to request a videos Shown on Channel 17 - 24 hours a day

<i>Title</i>	<i>Description</i>
Smoking: Getting Ready to Quit	Very Basic - Helps smokers think about quitting as well as develop the skills they need to quit. TV-001, 15 mins
Smoking Cessation, Stages of Change	Presents the reasons for quitting smoking and the stages of getting ready to quit. TV-002, 6 mins
Smoking Cessation, Relapse Prevention	Learn about the relapse "triggers" of smoking and coping strategies to fight the urge. TV-003, 6 mins

VIDEO EN ESPANOL

Fumar Cese	Presenta las razones para dejar de fumar y las etapas para prepararse a abandonar el hábito TV 002S, 6 mins.
-------------------	--

WEBSITES

- Centers for Disease Control www.cdc.gov.tobacco
- American Cancer Society www.cancer.org
1-800-227-2345
(English and Spanish)
- American Heart Association www.americanheart.org
1-800-242-8721
(English and Spanish)
- American Lung Association www.lungusa.org
1-800-586-4872
(English and Spanish)