



TOBACCO CESSATION (QUITTING) INFORMATION AND RESOURCES

The following options are available to you as you attempt to stop using tobacco. Your decision to quit may prove to be the most important health related decision you will make in your lifetime. Tobacco related illnesses are the leading cause of preventable death in the U.S.!

We wish you success!

Talk to your doctor!

Your health care provider will be able to help you through the process.

If you are a Medicaid recipient:

Effective April 1, 2011, Medicaid expanded coverage of smoking cessation counseling (SCC) to ALL Medicaid beneficiaries. Each Medicaid beneficiary will be allowed six counseling sessions during any 12 continuous months which must be provided on a face-to-face basis.

Smoking cessation counseling complements the use of prescription and non-prescription smoking cessation products. **Smoking cessation products are also covered by Medicaid.**

You will need to speak to your health care provider.

New York State Smokers Quitline 1-866-NY-QUIT (1-866-697-8487)

- The Smokers Quitline is a free service that provides New Yorkers with help when they are ready to stop smoking. May be eligible for free starter kit of Nicotine Patches or Gum.
- The Smokers Quitline is staffed by information specialists who are specially trained to provide information and consultation on a variety of cessation topics, such as stop smoking medications, withdrawal symptoms and stop smoking programs.



Cessation Center of Northern New York workshops for 2011

<u>Canton-Potsdam Hospital</u>	<u>Massena Memorial Hospital</u>	<u>Claxton-Hepburn Medical Center</u>
<i>Mondays @ 4PM</i>	<i>Tuesdays @ 4PM</i>	<i>Thursdays @5:50 PM</i>
August 8 th ; 22 nd	August 9 th ; 23 rd	August 11 th ; 25 th
September 19 th	September 6 th ; 20 th	September 8 th ; 22 nd
October 3 rd ; 17 th ; 31 st	October 4 th ; 18 th	October 6 th ; 20 th
November 14 th ; 28 th	November 1 st ; 15 th ; 29 th	November 3 rd ; 17 th
December 12 th	December 13 th ; 27 th	December 1 st ; 15 th ; 29 th



SLC Public Health Department does not provide Cessation services or nicotine replacement therapy (patch, gum, etc.).