



Presented by the operating affiliates of

EXETER HEALTH RESOURCES

The Art of Wellness

Exeter Hospital • Core Physicians • Rockingham VNA &
Hospice

Tobacco Cessation Resources

- A. At Exeter Hospital: Better Choices Better Health Workshop:** This workshop is offered through the HealthReach Community Education department. It is a 6-week self-management for adults with any chronic (ongoing) health condition, including tobacco use. The fee for the 6-week workshop is \$35.00.
- The workshop focuses on self-management tools that help people reach their healthy lifestyle goals. Participants make weekly action plans to break their goals into smaller, more “doable” steps. Participants who are thinking about or trying to quit smoking can use the weekly action plan to create their step-by-step quit plan.
 - For more information and the current workshop schedule, call the Exeter Hospital Help Center at 603-580-6668 or visit the website:
<https://www.exeterhospital.com/Services/community-education>
- B. Quit Lines for New Hampshire Residents:** The New Hampshire Department of Health and Human Services, Division of Public Health Services, Tobacco Prevention and Cessation Program offers confidential tobacco treatment services over the phone and free of charge to New Hampshire residents who want to stop smoking cigarettes or stop using other tobacco and nicotine products, including electronic cigarettes, vapes, and/or liquid nicotine.
- **QuitNow-New Hampshire, 1-800-QUITNOW (1-800-784-8669)**, is the free quit line for NH adults.
 - Enroll in the quit line by calling the number or using the tab on the website:
<http://quitnownh.org/>
 - SPANISH: 1-800-8-DÉJALO (1-800-833-5256)
 - TTY 1-800-833-1477
 - Telephone coaching sessions are free of charge and confidential. The program also provides free nicotine replacement therapy, as appropriate, to those who enroll in the coaching sessions.
 - The website describes how the quit line works and has links to tip sheets, national websites, and other resources.
 - **My Life, My Quit (1-855-891-9989)** is the free tobacco, e-cigarettes and vapes quit line just for teens. Teens can enroll for free, confidential help by going to the website at MyLifeMyQuit.com or by texting Start My Quit to 1-855-891-9989, or by calling the number.



Presented by the operating affiliates of

EXETER HEALTH RESOURCES

The Art of Wellness

Exeter Hospital • Core Physicians • Rockingham VNA & Hospice

Tobacco Cessation Resources

C. Other Tobacco Cessation Resources in New Hampshire, Massachusetts and Maine and Online Resources:

- **Wentworth-Douglass Hospital Tobacco Cessation Program, 603-740-2115:** The program is offered through Wentworth-Douglass Pulmonary Medicine, and provides one-on-one meetings with a respiratory therapist. With a provider referral, the program is approved for coverage by Medicare and other health insurance companies for up to 8 sessions. For more information call or visit their website: <https://www.wdhospital.org/wdh/staying-well/smoking-cessation>
- **Quit Line for Massachusetts Residents:** Call the Massachusetts Smoker's Help Line at 1-800-QUITNOW (1-800-784-8669) or visit their website at Make Smoking History, <http://makesmokinghistory.org/>
- **Quit Line for Maine Residents:** Call the Maine Tobacco Help Line at 1-800-207-1230 or visit their website at The Quit Link, <https://thequitlink.com/>
- **Pharmacy and Walk-in Clinic Smoking Cessation Programs**
 - **Rite Aid Pharmacy: Quit for You program.** Free of charge for adults age 18 and over. Website: <https://www.riteaid.com/wellness/solution-centers/quit-smoking>
 - Free of charge, one-on-one consultations by appointment with a trained pharmacist.
 - First visit to make a personal quit plan, and follow-up visits by appointment for ongoing support.
 - A downloadable 12-page quit plan booklet is available on the website.
 - Charges would apply to any over-the-counter nicotine replacement therapy or prescription smoking cessation aids.
 - **CVS Minute Clinic: Start to Stop program.** For-fee program for adults age 18 and over. Website: <https://www.cvs.com/minuteclinic/resources/smoking-cessation>
 - No appointment necessary. Walk in and sign up at the kiosk for a one-on-one consultation with a Nurse Practitioner.
 - First visit to make a personal quit plan, and follow-up visits as needed.
 - Fees are charged for the first and the follow-up visits. The website says the program accepts most health insurances. Call your insurance company to find out if you have coverage before your visit. As of this publication, fees were shown as \$59 for the first visit and \$49 for each follow-up visit.



Presented by the operating affiliates of

EXETER HEALTH RESOURCES

The Art of Wellness

Exeter Hospital • Core Physicians • Rockingham VNA &
Hospice

Tobacco Cessation Resources

- **American Lung Association Freedom From Smoking Program®**

Website: <https://www.freedomfromsmoking.org/about-the-program/>

The program offers different options for quitting smoking, including:

- Freedom from Smoking Plus®, the online program
- Freedom from Smoking Lung Helpline®, 1-800-LUNGUSA (1-800-586-4872)
- Freedom from Smoking Self-Help Guide®

- **[Smokefree.gov](https://www.smokefree.gov)**, the U.S. Department of Health and Human Service's/National Cancer Institute's smoking cessation website.

New on the website are **Smokefree apps**. These free apps for your smartphone offer help based on your smoking patterns, mood, motivation to quit, and quitting goals. Available for iOS and Android phones. Find them at <https://smokefree.gov/tools-tips/apps>

- **QuitGuide**: helps you understand your smoking patterns and build the skills you need to become and stay smokefree.
- **quitSTART**: takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become and stay smokefree.

- **Breathe NH**: <https://www.breathenh.org/resources/quit-smoking>

- **American Cancer Society**: <http://www.cancer.org/Healthy/StayAwayfromTobacco>

- **Be Tobacco Free**: www.betobaccofree.gov

- **Centers for Disease Control How to Quit Smoking:**

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.htm>