

Tobacco Cessation Quitlines *and* Resources

Many states in the TRICARE® West Region have support and resources available to help you stop using tobacco. Call or go online for information and support to help you quit using tobacco.

Organization	Telephone Number and Website
United States Department of Defense	YouCanQuit2 Tobacco Cessation Program www.ycq2.org
American Lung Association	1-800-LUNGUSA (1-800-586-4872) www.lung.org/quit-smoking
American Cancer Society	1-800-ACS-2345 (1-800-227-2345) www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index
National Cancer Institute	1-877-44U-QUIT (1-877-448-7848) smokefree.gov
Truth initiative, in partnership with Mayo Clinic	Ex Tobacco Cessation Program www.becomeanex.org
National Smoke Free Organizations	1-800-QUIT-NOW (1-800-784-8669)

Health Net Federal Services' Tobacco Cessation Resources

Time to Quit

This online program will help you create your personal plan of action for quitting. It includes information, tools, activities, and resources that can help you identify patterns or reasons for using tobacco, deal with withdrawal symptoms, determine your method for quitting, and stay motivated. Go to www.tricare-west.com/go/tobacco to access this program and other tobacco cessation resources.

Preparing to Quit Tobacco

This recorded class focuses on the key challenges of smoking, helps you identify motivation, provides skills and strategies for quitting, and connects you to online tools and resources. Go to www.tricare-west.com/go/teleclass to get started today.