

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.

| Organization Name | Description | Available to | Type of Resource | Contact Information |
|---|--|--|---------------------------------------|--|
| American Lung Association of South Carolina – Freedom From Smoking | A group clinic for smokers who are ready to quit providing education, group support, and useful tools delivered by specially trained individuals. | Employees, Patients, Families | Online, Telephone & In-person clinics | American Lung Association in SC: Midlands 1817 Gadsden St. Columbia, SC 29201 Tel: (803) 779-5864 Email: alasc2@lungsc.org http://www.lungsc.org |
| DHEC- Quit for Keeps | Connects individuals with the right resources and answers smoking-related questions. | S.C. Residents | Phone & Website | 1-800-QUIT-NOW (8am to midnight, 7 days a week) www.scdhec.gov/quitforkeeps |
| Palmetto Health Richland- Free Yourself From Smoking | Free comprehensive adult smoking cessation program led by health care providers. | Residents of Richland, Lexington, and Fairfield counties | Group | CareCall, (803) 296-CARE (2273) www.palmettohealth.org/body.cfm?id=134&oTopID=14 |
| BlueChoice and State Health Plan - Quit for Life Program | A professionally trained Quit Coach works with you to create a personalized quit plan and may help with choosing a cessation medicine. | State Health Plan and BlueChoice subscribers and dependents. | Online, Telephone | 1-866-QUIT.4.LIFE (866-784-8454) http://www.eip.sc.gov/prevention/index.aspx?p=4&s=5 |
| CIGNA-Quit Today | This 12-month program includes unlimited calls to a coach, an optional telephone relapse support group and over-the-counter nicotine gum or patches, if appropriate. | Cigna subscribers and dependents | Telephone | 1-800-244-6224 |

Websites:

- www.smokefree.gov - Centers for Disease Control and Prevention, National Cancer Institute, National Institute of Health
- <http://www.sc.edu/healthycarolina/tobfree.html> - USC Healthy Carolina
- www.ffsonline.org - American Lung Association