

Smoking Cessation Resources

Washington State's tobacco prevention and control program

Smoking and being around people who are smoking is harmful to you and your family. Stay away from places where you might be exposed to smoke.

To reach the Washington State Tobacco Quitline:

- Call 800-QUIT-NOW (800-784-8669)

Or

- Visit www.quitline.com

Call the Quitline or visit their website to learn about smoking cessation programs that are:

- Covered through your employer. At least 45 employers in the state still cover the cost of tobacco cessation programs for employees and other insurance plan members. Ask your employer if they cover these program costs.
- Covered by Medicaid Fee for Service or Washington State Medicaid.
- Available for those who are:
 - Uninsured
 - Underinsured
 - Pregnant
 - Teens under age 18
 - Referred by Indian Health Service or the Veterans Administration
- Available for those who wish to pay for the Quit for Life program themselves (out-of-pocket).



Help keep yourself and your family healthy! If you smoke, quit. And, stay away from places where you might be exposed to smoke.

Questions?

Your questions are important. Please make use of the resources on this page if you have questions about quitting smoking.

Other Online Resources

- www.smokefree.gov
- www.becomeanex.org