

Tobacco Cessation Programs

A comprehensive program to help individuals quit tobacco and remain tobacco-free



National Jewish Health provides personalized tobacco cessation programs to help motivate and guide individuals who want to give up tobacco for life.

National Jewish Health™, ranked the #1 Respiratory Center in the nation by *U.S. News and World Report* for every year since 1998, has been at the forefront of tobacco cessation programs and healthcare provider education. We provide services to State QuitLines, health plans and employer groups.

QuitLine Program

The National Jewish Tobacco QuitLine is a telephonic and web-based program available to individuals who are ready to quit or just thinking about it. Our one-on-one program offers up to 5 proactive coaching sessions, unlimited inbound calls, and customized quit plans. QuitLogix, a comprehensive web-based program offers 24/7 support. Our programs also provide free Nicotine Replacement Therapy (NRT) to those enrolled in QuitLine coaching. The QuitLine/QuitLogix program offers the benefit of integrated enrollment available through a telephone session with a QuitLine Coach or online.

The QuitLine and QuitLogix programs are based on *Treating Tobacco Use and Dependence, Clinical Practice Guideline* and the latest research findings. Our programs offer the benefit of evidence-based interventions, behavioral modification, motivational interviewing, and customized quit plans for each tobacco user.

QuitLogix Program

The National Jewish Health QuitLogix web-based program offers the latest information and research-based tools to help tobacco users through all stages of change. The interactive QuitLogix is available 24 hours a day/ 7 days per week, and provides access to tailored motivational messages, step-by-step guides to cutting down and quitting tobacco, as well as online support from other quitters and quitting specialists.



**For More Information on the
Tobacco QuitLine Program,
Please Call
1-800-570-5864**

Benefits of the National Jewish Health Tobacco QuitLine

- Tobacco Cessation coaches and program representatives available 7 days per week; web-based program available 24/7
- Streamlined enrollment process
- Multiple proactive coaching sessions with unlimited inbound calls as needed
- Participant centered coaching sessions that are interactive, engaging and conveniently scheduled
- Structured clinical protocols that incorporate culturally appropriate messages for sub-populations
- Clinical oversight and training in behavioral change and Motivational Interviewing by National Jewish Medical and Behavioral Health faculty
- National Jewish faculty collaborate with our QuitLine programs for ongoing research in tobacco cessation
- Capabilities (infrastructure) for
 - Managing high call volume and changeable staffing needs
 - Fax referral and feedback program
 - Nicotine Replacement program
 - Screening for eligibility
 - NRT product fulfillment

Coaching Sessions

- Assessment tools with personalized feedback that enhance level of motivation and commitment
- Strategies for harm reduction and reducing secondhand smoke exposure
- Setting a meaningful Quit Date
- Review of approved quit smoking medicines and education for their correct use
- How to prepare for high risk situations
- What to do if you slip or relapse

Custom Guidelines

- Pregnancy and Postpartum
- Persons with Mental Health Illnesses
- Limiting Weight Gain while Quitting
- Quitting Spit Tobacco
- Respectful Cessation for American Indians



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up to 5 proactive coaching sessions,
unlimited inbound calls, and
customized quit plans to each
participant in the QuitLine
Coaching Program.**
