

Quit nicotine for good

# Nicotine Cessation Resources



If you're ready to quit smoking, vaping, chewing, or using tobacco products, we're here to help. Choose the path that works best for you.

## Ready to kick the habit?

Check out Being Tobacco-Free Journeys, part of My Health Rewards by Medica®. These self-guided courses are designed to help you quit for good.

1. Sign in to My Health Rewards or use the Virgin Pulse mobile app
2. Visit the "Health" tab
3. Select "Journeys"
4. Choose one or more Journeys to get started

## Freedom From Smoking®: American Lung Association

This effective program, in partnership with the American Lung Association, can help you quit, especially when combined with tobacco-cessation medication. Develop a plan and get support by calling 1 (800) LUNG-USA (586-4872).

### Virtual group program

A certified facilitator guides you through a 7 - 8-week program to help you understand triggers, develop coping strategies, and stay committed to quitting while getting support from a group setting. Open to anyone 18+ regardless of insurance. For details visit [Deancare.com/Wellness/Nicotine-Cessation](https://Deancare.com/Wellness/Nicotine-Cessation).

### Being Tobacco-Free

	<b>Consider Becoming Smoke-Free</b> 19 Days to Complete
	<b>No Thanks, I'm Smoke-Free</b> 19 Days to Complete
	<b>Prepare to be Smoke-Free</b> 20 Days to Complete
	<b>Ready, Set, Go Smoke-Free</b> 15 Days to Complete
	<b>Stay on Track, Stay Smoke-Free</b> 18 Days to Complete

## 1 (800) QUIT-NOW: Nationwide Tobacco Quitline

Dial 1 (800) QUIT-NOW (784-8669) to speak with trained counselors in your state that help to quit smoking or tobacco use.

### Nationwide quitlines in other languages

Korean: 1 (800) 556-5564

Mandarin and Cantonese: 1 (800) 838-8917

Spanish: 1 (855) DÉJELO-YA (335-3569)

Vietnamese: 1 (800) 778-8440

## Quit Partner™: Minnesota Department of Health

Minnesota residents can get one-on-one coaching, email and text support, educational materials, and tobacco-cessation medication. Call 1 (800) QUIT-NOW (784-8669) or visit [QuitPartnerMN.com](http://QuitPartnerMN.com) to start.

## National Cancer Institute

Discover resources, quizzes, tips, plans, and apps to help you or your loved ones quit tobacco. Explore 24/7 support on [SmokeFree.gov](http://SmokeFree.gov) or download the “QuitGuide” or “quitSTART” apps from the App store or Google Play.



### Have questions? We're here to help.

Call Member Services at the number on the back of your Medica ID card (TTY: 711). Or find answers to commonly asked questions in your member account at [Medica.com/SignIn](http://Medica.com/SignIn).