



EMORY TOBACCO CESSATION PROGRAMS & SERVICES

Open to employees and spouses/SSDPs only, free of charge.

Quit For Life[®] Program

Online and phone support,
nicotine patch/gum available

Personalized 12-month program including scheduled telephonic counseling sessions, an 8-week supply of nicotine replacement therapy (the patch or gum), unlimited online support, coaching support for Tier Zero medications.

Enroll online or by phone: www.quitnow.net or 1-866-QUIT-4-LIFE



In-person group program at Emory

8-session small group designed to help you avoid the usual pitfalls associated with quitting smoking; provides strategies for tracking habits, coping, and practicing in a supportive environment with others who are experiencing similar challenges.

Call or email FSAP: (404) 727-WELL or efsap@emory.edu



Online and phone support for one year
with the prescription medication Chantix[®]

A step-by-step plan to assist you in becoming a non-smoker with the use of the prescription drug Chantix[®], which must first be prescribed by a physician.

Enroll online or by phone: www.getquit.com or 1-877-242-6849

Tier Zero
Medications



Free prescription tobacco cessation medication

Emory's medical plan covers 100% of Tier Zero cessation medications: Nicotrol NS[®] (nasal spray), Nicotrol Inhaler[®], Zyban[®], Chantix[®]. Make an appointment with your primary care provider (PCP) or FSAP for evaluation for cessation medications. To find a PCP, call the EVIP line.

Call EVIP Line (Emory Clinic providers): 778-EVIP or FSAP: 727-WELL

Emory Faculty Staff
Assistance Program
(FSAP)



Individual short term counseling

Meet with an FSAP counselor to help you manage the emotional effects of quitting tobacco. Free, confidential, and available at a variety of locations. Read more about FSAP services at www.fsap.emory.edu.

Call or email FSAP: (404) 727-WELL or efsap@emory.edu

Emory Tobacco Free
Group Listserv



Announcements, motivation,
and support via email

For faculty, staff, and students at any stage of the tobacco quitting process, this listserv offers program announcements as well as discussion and support among group members. Emory email address is required to sign up.

Call or email FSAP to be added to the listserv:
(404) 727-WELL or efsap@emory.edu



COMMUNITY TOBACCO CESSATION RESOURCES

Open to all.



Online version of the FFS program

Based on the curriculum of the in-person program, this website offers limited online support for free and comprehensive online support for a fee. Emory does not cover the cost of the online FFS program for employees.

Visit: www.ffsonline.org



In-person group program at non-Emory locations

8-session small group designed to help you avoid common pitfalls associated with quitting smoking, in a supportive environment with others who are experiencing the same challenges. Emory does not cover the cost for employees choosing non-Emory FFS programs.

Contact the American Lung Assoc. of Georgia:

(770) 434-5864 or www.lungga.org



Telephone support, nicotine patch/gum available

A toll-free telephone-based program implemented statewide, delivering personalized counseling for quitting tobacco. Free nicotine patches and gum are available to all Georgia adults (age 18 and older) when appropriate, regardless of health insurance status or coverage.

Call: 1-877-270-STOP (1-877-270-7867)



Online or printed step-by-step plan and tools

This free online program walks you through a 3-step plan to "re-learn life without cigarettes": re-learn habit, re-learn addiction, and re-learn support.

Visit: www.becomeanex.com

smokefree.gov

Online support and tools, including a text messaging program

Visit: www.smokefree.gov



Wide range of articles, stats, and resources

Visit: www.cdc.gov/tobacco