

Quit
SMOKING

Support after this Program

Congratulations, you've completed the program! You've done the hard work to kick-start your quit, but you may be anxious about what happens next. While the first few weeks of staying quit are the hardest, it's likely you'll still get triggered and have cravings at some point down the road. Here are some additional resources to tap into after you've finished the program.

Follow-up Visits with our Doctors

Depending on the benefits specific to your employer, health plan, or healthcare provider you may have additional follow-up sessions with our doctors covered after you complete the four core sessions. Make sure to check with you beneficiary if this applies to you.

Call a Quit line

All states have quit lines with counselors trained to help you quit or support you after quitting. These telephone sessions are free and can be a great resource for continued counseling sessions. Call 1-800-QUIT-NOW to connect directly to your state's quit line. Another resource is the National Cancer Institute's quit line. Call 1-877-44U-QUIT to talk with an expert for free.

Visit Smokefree.gov

Smokefree.gov is an excellent website to visit with additional resources, articles, tools, and tips to help you stay quit. You can join Smokefree social media or their free text messaging program that gives 24/7 encouragement, advice, and tips for becoming smoke free and being healthier.

Talk to a Therapist, Psychiatrist, or Nutritionist

After this program, it may be helpful to talk to other professionals to help you maintain your goal of staying quit. That could mean talking to a therapist or psychiatrist to help with behavioral health issues such as anxiety or depression or working with a nutritionist to manage healthy eating and exercise. Check with your beneficiary to see if you have access to these additional providers through your online platform or for a list of local resources.