Smoking Cessation options available to students through NUSHP and UHCS

Quit Smoking with Living Healthy Smoke-free℠
If you’re ready to quit smoking (or ready to get ready), our Living Healthy Smoke-free program can help.

Help for the Mind
Enroll in our multi-session telephone counseling service with experienced counselors who will help you set a date, prepare for quitting, and give you helpful advice and support along the way. Not quite ready to quit but want to be? You can get educational materials to help you get in the mood.
Massachusetts residents call: 1-800-TRY-TO-STOP (1-800-879-8678)
Non-Massachusetts residents call: 1-800-QUIT-NOW (1-800-784-8669)

Help for the Body
Pharmacy plan coverage of nicotine replacement products are Chantix $20 copayment, Zyban $30 copayment, and generic bupropion $10 copayment.

Help online
Available in 11 different languages, www.trytostop.org offers advice, success stories, and tools to help you quit. Look for the Quit Wizard to help you put together your own personal quitting plan. If you are a long-term smoker, the lung cancer risk-assessment at the Memorial Sloan-Kettering Cancer Center website can assess your risk of developing lung cancer in the next ten years based on your age, sex, smoking history, and asbestos exposure.

Medical
Medical visits with providers at NO COST to students

Behavioral Health
Individual and group therapy is available at NO COST to students. Group therapy topics vary by semester.

UHCS is launching a new program customized for students in February 2013- watch for more information about Ready to Quit! on the UHCS website.