

## Classes & Programs

### Bay Area Region

#### Berkeley

The City of Berkeley offers a Tobacco Prevention Program & Quit Smoking classes. Groups for pregnant women, hypnosis and acupuncture also available. Call (510) 981-5330 for more information.

#### Fremont

Washington Hospital – 4-wk “Stop Smoking” program. Call (800) 963-7070 for course and fee information.

#### Hayward

Nicotine Anonymous – 12-step support group (no fee). Call (877) 879-6422 for more details.

#### Livermore

Nicotine Anonymous – 12-step support group (no fee). Call (877) 879-6422 for more details.

#### Oakland

Lifelong Medical Care – Smoking Cessation and Education Program. Call (510) 615-4870 for more details.

#### San Leandro

Eden Medical Center – A New Approach to Quitting Smoking (fee). Call (888) 445-8433 for more details.

#### San Francisco

Nicotine Anonymous – 12-step support group (no fee). Call (877) 879-6422 for more details.

#### Walnut Creek

Nicotine Anonymous – 12-step support group (no fee). Call (877) 879-6422 for more details.

### Sacramento Region

Mercy San Juan Medical Center – 6-wk program which includes planning, behavior techniques, stress management, weight control and how to stay smoke free. Call (916) 537-5299 for more information.

Nicotine Anonymous – 12-step support group (no fee). Call (877) 879-6422 for more details.

#### Sacramento County Tobacco Educ. Program

Cessation resources, quit kits & community events. Call (916) 875-5869 for more information.

#### Sutter Medical Center, Sacramento

5-wk course is open to Sutter patients, staff, and all community members who desire to quit smoking. To learn more and find meeting locations, call Ekeshia Pittman at (916) 454-6528.

### San Joaquin Region

#### Cessation Help Line

Referrals to local smoking cessation services; educational materials and presentations. Call (800) 540-6775 or (209) 468-0838 for more information.

#### Evergreen Professional Hypnotherapy & Personal Improvement Center

Hypnotherapy for individuals and groups. Free hypnosis CD, support group and/or personal counseling by email. Call (209) 472-0722 for more details.

### San Joaquin Region *continued*

#### Smoking and Tobacco Outreach Prevention Project

Community activities to decrease exposure to second hand smoke, counter pro-tobacco influences from advertising and prevent youth access to tobacco. Call (209) 468-5617 for more information.

## Health Plan Programs

#### Aetna

[www.aetna.com](http://www.aetna.com)

Members can log on to Aetna website to view tobacco cessation page which offers information including the best ways to quit, where to get help, how to stay smoke free and more. To receive more information, members can call the number on the back of their ID card.

#### Anthem Blue Cross

[www.anthem.com/ca](http://www.anthem.com/ca)

Program offerings vary by state. Specific programs are included in your health plan and others are available for additional cost. Members can call the number on the back of their health plan ID card for eligibility.

#### Blue Shield [www.blueshieldca.com](http://www.blueshieldca.com)

Log on to Healthy Lifestyle Rewards website to learn more about the Smoking Cessation Lifestyle Improvement Program. Visit <http://www.blueshieldca.com/hlr> or call the number on the back of health plan ID card for more information.

## Health Plan Programs *continued*

**Cigna**      [www.cignabehavioral.com](http://www.cignabehavioral.com)

Members may call the number on the back of their health plan ID card to get more information about programs offered under your specific plan.

**Health Net**      [www.healthnet.com](http://www.healthnet.com)

Decision Power Health Coaching is available to members only. Trained health professionals offer one-on-one support 24 hours a day. Call **(800) 893-5597** to speak with a Health Net coach.

**Pacificare**      [www.pacificare.com](http://www.pacificare.com)

**Stop Smoking Program.** Members can enroll online or call the number on the back of their health plan ID card.

More resources are also available at:

**[www.HillPhysicians.com](http://www.HillPhysicians.com)**

Check out our online health centers and searchable database of health topics, including **Tobacco Use**.

Our website also offers also offers:

- **Health assessment tools**
- **Downloadable podcasts**
- **Current class schedule** of free\* and convenient in-person & phone courses
- **And more!**

To learn more about our services, contact: **[health@hpmg.com](mailto:health@hpmg.com)** or **(800) 445 – 5747**.

*\*Some courses require nominal fee or are exclusive to members.*

## California Smoker's Helpline

### 1-800-No-Butts

Whether you are just thinking of quitting or are ready to quit, you can call to speak to counselors from Monday-Friday from 7:00 am to 9:00 pm and Saturday from 9:00 am to 1:00 pm. The helpline services are free of charge, funded by the California Department of Health Services.

Staff persons are multi-lingual and will offer an assortment of services including self-help materials, programs in your area, as well as confidential one-on-one counseling.

English	1-800-662-8887
Vietnamese	1-800-778-8440
Spanish	1-800-456-6386
Cantonese/Mandarin	1-800-838-8917
Korean	1-800-556-5564
TDD/TTY Hearing Impaired	1-800-933-4833
Pregnant Women	1-800-866-2229
Chewing Tobacco	1-800-844-2439

If you would like more information about the California Smoker's Helpline, you can also visit

**<http://www.californiasmokershelpline.org>**.

If you have updated contact information for any listings or recommendations for other services, please contact Member Health Improvement at **[health@hpmg.com](mailto:health@hpmg.com)** or **(800) 445 – 5747**.

## Community Resources

### American Heart Association

1-800-AHA-USA-1  
(1-800-242-8721)

**[www.amhrt.org](http://www.amhrt.org)**

### American Lung Association

1-800-LUNG-USA (1-800-548-8252)

**[www.lungusa.org](http://www.lungusa.org)**

### Centers for Disease Control and Prevention: Office on Smoking & Health

1-800-CDC-INFO (1-800-232-4636)

**[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)**

### National Cancer Institute

1-800-4-CANCER (1-800-422-6237)

**[www.cancer.gov](http://www.cancer.gov)**

### Nicotine Anonymous

1-877-879-6422

**[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)**

### Smokefree.gov

1-800-QUITNOW (1-800-784-8669)

**[www.smokefree.gov](http://www.smokefree.gov)**

### Smoking Cessation Leadership Center

1-800-QUITNOW (1-800-784-8669)

**<http://smokingcessationleadership.ucsf.edu>**