



## Tobacco Cessation Resources

### Quit Smoking with Medical Mutual's QuitLine Assistance Program

Medical Mutual and its SuperWell Programs have joined with National Jewish Health to help our members kick the habit. Together, we are offering the SuperWell QuitLine, a free telephonic service that will help our members quit using tobacco.

When you enroll in the QuitLine, you will receive:

- Support and advice. With up to five proactive telephonic coaching sessions by trained health coaches as well as unlimited inbound calls to the QuitLine during regular hours.
- A personalized quit plan with educational, self-help materials.
- The latest information about medications that can help you quit.
- A four-week supply of nicotine replacement therapy (NRT) at no out-of-pocket expense. If you continue with coaching, you will receive a second four-week supply, if needed.
- To receive a free supply of nicotine patches
  - You must be medically eligible to receive the nicotine patches.
  - Tell the QuitLine coach that you are a Medical Mutual member.

### Contact Medical Mutual's QuitLine

- Call the toll-free SuperWell QuitLine at 866/845-7702.
  - Monday through Friday: 9 a.m. to 11 p.m.
  - Saturday and Sunday: 10 a.m. to 6:30 p.m.
  - 24-hour voice mail. If you leave a message, you will receive a call back.

Go to [www.medmutual.com](http://www.medmutual.com) for more information regarding health/wellness benefits from Medical Mutual. Make sure to have your insurance card handy to refer to when logging in for the first time.

### Mercy Health - Behavioral Health Institute

Mercy Health - Behavioral Health Institute has a group of dedicated professionals to help you quit smoking. The center's five session, evidence-based treatment program incorporates a holistic approach toward recovery from nicotine dependency. The program is available to those 18 years of age and older.

We offer three different programs to meet your individual needs.

After an initial assessment, you will receive a program recommendation from the certified tobacco treatment specialist appropriate to your individual needs.

The program is offered at two locations:

#### **St. Joseph New Start Treatment Center**

1296 Tod Avenue NW, Suite 205  
Warren, Ohio

#### **St. Elizabeth Health Center**

1044 Belmont Avenue  
Youngstown, Ohio

Hours of operation are Monday through Friday 8:30 a.m. to 8:30 p.m.

For more information or to sign up, call 330-306-5010 or toll free 1-877-306-5010.

## Website Resources

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

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

[www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

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

<http://www.odh.ohio.gov/odhprograms/eh/quitnow/Tobacco/oh tobacco.aspx>

<https://ucanquit2.org/>

<https://www.quit.com/>

## Telephonic Counseling

### **IMPACT Solutions Tobacco Cessation Coaching**

**1-800-227-6007**

IMPACT Solutions' Quit Specialists, certified in tobacco cessation techniques, can structure telephonic coaching sessions and resource material based on your individual goals. Also, visit the website at [www.MyIMPACTSolution.com](http://www.MyIMPACTSolution.com) to view hundreds of resources.

### **Ohio Tobacco QUIT LINE**

**1-800-QUIT-NOW (or 1-800-784-8669)**

The Ohio Tobacco QUIT LINE is Ohio's free telephone cessation service for Ohioans ready to end tobacco addiction. It is a program provided by the Ohio Department of Health. The QUIT LINE provides individualized tobacco-quitting guidance from trained and experienced cessation specialists.

### **Pennsylvania Free Quitline**

Pennsylvania's Free Quitline, **1-800 QUIT NOW** (1-800-784-8669) is offered as a partnership between the Pennsylvania Department of Health and the American Cancer Society. Based on state-of-the art techniques in smoking cessation, the service provides [counseling and structured assistance](#) for individuals who are committed to quitting.