

**If you use tobacco products, make it your goal to STOP!  
The programs listed below can help you reach your goal.**



**Stamp Out Smoking Quitline: 1-800-QUIT-NOW 1-800-784-8669**

*(Service available in English, Spanish, Marshallese, and other languages as needed.)*  
The Quitline offers counseling and treatment. Free, expert support from a Quit Coach<sup>®</sup> is offered over the phone and online. Participants may receive aids such as nicotine patches and lozenges.

### **State Employee Health Plan Coverage**

Patients must be enrolled in the Breathe Program to receive medications. To enroll in the Breathe Program, please visit [www.corphealth.com/arwellness](http://www.corphealth.com/arwellness). For more information, please call the Arkansas Employee Benefits Division at 877-815-1017, or visit their website at [http://www.state.ar.us/dfa/employee\\_benefits/ebd\\_index.html](http://www.state.ar.us/dfa/employee_benefits/ebd_index.html)

#### *Quit Now*

### **The Community Clinic**

**614 East Emma Ave., Suite 300, Springdale, 751-7417 x 860**

Using American Cancer Society materials along with free medications and nicotine replacements for those eligible, you will learn to cope with the stress of quitting tobacco. Classes meet weekly for 4 weeks and are available in Spanish. The cost is \$20.

#### *Breathe Easier*

### **Pat Walker Health Center - University of Arkansas**

**479-575-2817**

One-on-one smoking cessation behavior change counseling is available to the U of A campus community. Staff physicians provide a physical examination and can prescribe medications to assist smokers in their efforts to stop. Call for more information.

#### *Tobacco Free*

### **Veterans Health Care System of the Ozarks**

**479-444-5048**

**1100 North College Ave., Fayetteville, AR**

Classes open to Veterans' Administration Medical Center patients and family members. Medications are available for patients who qualify for VA benefits. Call For more information.

#### *MANA Health Services Smoking Cessation Program*

**3344 North Futrall Drive, Fayetteville, AR 72703**

For further information contact Art Middleton, BS, RRT at 479-582-7216. The cost is \$15.75 for the one time single session. This includes initial counseling and self-directed packet. A four-week comprehensive program is also available for \$125.00. E-mail (<http://www.mana.md/services/smokecessation.html>) for more information or call 479-582-7383 to schedule a session.

**This information is provided from The Coordinated School Health Initiative.  
(2010-2011)**