

Smoking

Cessation

P R O G R A M

Smoking Cessation PROGRAM

Cleveland Clinic Smoking Cessation Program

If you smoke cigarettes or use any other tobacco product, the Cleveland Clinic Smoking Cessation Program offers many options to help you. Your healthcare provider can make a referral for you, or you can call us at 216.448.8247. A navigator will help you create a customized approach to stopping. You will be able to choose from these options:

Appointments

There are three types of appointments available:

- An office visit: This is a one-on-one approach where you go to an office and meet with the provider to discuss your options for quitting.
- A virtual visit: This type of visit can be completed if you have a smartphone, tablet or computer, a web cam and an Internet connection. You can see and talk to a provider online from any location.
- A shared medical appointment (SMA): This option is a group appointment. You will be able to speak individually to the healthcare provider and get support and other ideas from other people in the group.

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Smoking cessation classes

The American Lung Association's Freedom From Smoking® Program offers group support that boosts your chances of quitting. The classes are held at:

- Cleveland Clinic Langston Hughes Community Health and Education Center
- Cleveland Clinic Stephanie Tubbs Jones Health Center
- Cleveland Clinic Richard E Jacobs Health Center
- Cleveland Clinic Euclid Hospital
- Cleveland Clinic Akron General

The eCoach program

The eCoach is a health coach who communicates regularly with participants either by phone or by email. The coaches offer support and guidance regarding treatment options and lifestyle changes, like exercising and eating better.

Pharmacy consultation

You can meet with a pharmacist (either online or in person) to discuss smoking cessation medications, including:

- Nicotine replacement therapy: gum, patches, lozenges, inhalers or nasal spray
- Bupropion SR
- Varenicline (Chantix®)