

Approved Tobacco Cessation Programs

Instructions: Select one of the following options for counseling. The tobacco courses take **4-8 weeks** and all sessions must be completed by **May 31, 2019** to receive the wellness credit. All participants are eligible for free Nicotine Replacement Therapy or smoking cessation medication. Coaching in combination with NRT/medication doubles your chance of quitting!

The Quitline

1. Three face-to-face smoking-cessation sessions *[DE Residents Only]*

For additional information and to register, contact the location most convenient for you.

- Helen F. Graham Cancer Center & Research Institute | **800-693-2273**
- Christiana Hospital, Pulmonary Associates, MAP 1 | **302-623-7626**
- Christiana Hospital, MAP 2 | **302-733-4722**
- Wilmington Hospital, Behavioral Health | **302-320-2161**
- North Wilmington | **302-623-2110**
- Greenville | **302-661-3302**

2. Five telephonic sessions

Contact the Quitline at 1-800-QUIT-NOW. Telephonic participants must submit a certificate of completion to ChristianaCareWellness@ChristianaCare.org.

Quitting smoking is one of the best things you can do for your health!

