

NICOTINE CESSATION

You can quit. Dean Health Plan can empower your success.



Nicotine cessation support from Dean Health Plan

It's time to quit

Any tobacco product can create a powerful addiction. Quitting can feel impossible, but thousands succeed in kicking the habit every year. When you decide to quit, we are here to help you on your journey to success. We provide dedicated support for all tobacco users, including cigarettes, smokeless, e-cigarette, and vaping product users, empowering you to break free from addiction for good.

Our Freedom from Smoking® program

We offer both an on-site and virtual no-cost tobacco program, Freedom from Smoking. This small group program includes eight, one-hour sessions led by a certified Freedom from Smoking facilitator, and features a step-by-step plan for quitting tobacco.

Each session is designed to help tobacco users understand their triggers and urges, and develop coping strategies to stay committed to quitting. This engaging program uses evidence-based techniques to customize solutions that cater to individual needs along with the benefits of support from the group.

Medications can really help

Many prescription medications can help with cravings and stress related to quitting tobacco — plus, they can double your chances of quitting and staying tobacco-free.

Nicotine replacement therapy (NRT), such as gum or patches, can also be a great way to help you stop tobacco use for good. NRTs allow you to get the nicotine your body craves without the harmful chemicals, helping to decrease withdrawal symptoms and allowing you to focus on quitting.

Once enrolled in our program, members may receive medications and NRTs at no cost to them, with a prescription from their primary care provider.



Freedom from Smoking is open to Dean Health Plan members and community members, regardless of insurance. For the schedule of upcoming dates visit DeanCare.com/QuitNow.



We are here to help

visit DeanCare.com/QuitNow



Questions?

If you have questions about our nicotine cessation programs, call 866-896-4602 or email DHP.Health@DeanCare.com.