



Want to Quit Smoking?

HMC SMOKE FREE

Harborview Medical Center's Stop Smoking Program

Learn how Harborview can help you or a family member "kick the habit"!

How We Can Help

- ◆ **The "Getting Started" Class** is a group style class that helps you start on the path to quitting. You make a "Quit Plan" that meets your specific needs. The use of medications is also discussed. Appointments must be made in advance through the Patient and Family Resource Center (PFRC).
Offered every Wednesday from 9:00 to 11:30AM
- ◆ **The Follow-Up Classes** are offered several times a week and will help you stay nicotine-free! We talk about ways to deal with tough situations and cravings. The focus is on helping you change the thoughts and actions that fuel your smoking habit. Participants attend follow-up classes every 2 weeks. Appointments must be made in advance with the PRFC. **Offered Wednesdays 3:00-4:30 PM and Thursdays 10:00 to 11:30 AM**

How Do I Start?

- #1 You need to have a Harborview patient ID # to register. If you do not have a patient number it's easy and free to get one, just call 206-744-8475 or stop by the registration desks in the primary care clinics.
- #2 Call or visit the Patient Family Resource Center to make an appointment

How Much Does It Cost?

There is no charge to attend any of the classes. Patients with HMC providers can receive medications to assist them in quitting tobacco at a reduced price (see next page for details)

Want More Information?

For general information or to make an appointment **call the Harborview Patient and Family Resource Center at 206-744-2000** or stop by (located on the ground floor of Harborview by the pharmacy and gift shop).

For medical information about quitting tobacco, talk to your healthcare provider or pharmacist.

Information and Policies for the Harborview Smoke Free Program

Who Teaches the Classes?

Our classes are taught primarily by pharmacists. All instructors have been trained to help people quit smoking or tobacco.

Class Policies

Participation

- Anyone may participate in the program. An HMC ID number is required. To register and obtain a HMC ID, call 206-744-8475
- You must schedule an appointment at least 1 day prior to the class you wish to attend.
- Since a group format is used for the classes, patients will not be allowed to attend a class if they arrive over 10 minutes late, and will need to reschedule at the front desk
- Classes are conducted in English. Patients speaking other languages should talk with their Harborview clinic for other assistance in quitting smoking.

Drug Therapy

- Drug therapies for smoking cessation, such as nicotine patches and gum or bupropion, are used in the program and ...
 - will only be prescribed for participants actively receiving care from HMC providers
 - will only be prescribed in the follow-up classes.
 - use of bupropion (generic Zyban[®]) will require approval by an HMC provider.
- Medications for patients in the program (i.e., attending group classes or seeing an HMC Smoke Free provider in clinic) are provided at a reduced cost of **\$5 each prescription** for the following:
 - Nicotine Patches and Nicotine Gum
 - Bupropion (generic Zyban[®])
 - Varenicline (Chantix[®]) (requires two prescriptions initially)
- HMC patients not participating in the HMC Smoke Free program must pay the full price for their cessation medication at the HMC Pharmacy when picking up their prescription.

Frequently Asked Questions

I have some specific questions about the program that aren't answered in this information sheet. Who can I talk to?

For more information on the classes or general program questions, please ask the PFRC staff. Please direct specific medical questions regarding health, smoking or medications for quitting to your care provider or pharmacist.

What if I am interested in quitting, but cannot attend at the scheduled class times?

Ask the PFRC staff about other options. If you receive care in a primary care area (Adult Medicine, Women's, International, Family Medicine or Pioneer Square Clinics), you should return to this clinic for referral to see a pharmacist. If you're not seen in any of these clinics, ask the PFRC staff for other options, or you may contact the **Washington State Quit Line at 1-877-270-STOP**

What if I am in the program but cannot make a class that I have registered for?

Register for the next available follow-up class. If it is not possible for you to attend any of these classes, contact your primary care provider. If you will run out of medication prior to your planned attendance at a follow-up class, you will be expected to purchase your own nicotine patches or gum until you can attend a class. Please plan ahead and attend the classes as scheduled to avoid these situations. The PFRC staff cannot provide you with medications.