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## Central California Alliance for Health Tobacco Cessation Program

The Alliance offers many ways to help members quit smoking. Please see below for a summary. For more information, providers or members can speak with a Health Programs Coordinator by calling our toll-free number.

**Alliance Health Education Line**  
**Bilingual English-Spanish: 1-800-700-3874, ext. 5580**  
**Bilingual English-Hmong: 1-800-3874, ext. 5364**

### Benefits & Resources:

1. We can send the member **easy to read materials** with information and tips on how to quit. Materials are available in English, Spanish, and Hmong. We can also order limited quantities of materials in other languages.
2. We will help the member enroll in an approved **smoking cessation class** in their area. We will cover the cost as a one-time benefit only for members with Alliance as their primary insurance. Classes are scheduled and managed by agencies outside of the Alliance; therefore, dates and locations are subject to change. It is the member's responsibility to confirm class details prior to attending.
3. Many people find it more convenient to use the toll-free **California Smokers' Helpline at 1-800-NO-BUTTS**, which provides free cessation counseling over the phone for any smoker within California. Counseling is available in English, Spanish, Mandarin, Cantonese, Vietnamese, and Korean. Counseling is also available via TDD/TTY for members with hearing or speech difficulties at 1-800-933-4TDD.
4. The **Freedom From Smoking® Online** program is now available and free to the public. Members with online access can sign up at [www.ffsonline.org](http://www.ffsonline.org).
5. The Alliance covers smoking cessation aids such as the **nicotine patch, nicotine gum, Zyban® and Chantix®**. The member must have a prescription from their doctor, and due to increased success rates when medications are combined with support, members must show the pharmacist proof of enrollment in a smoking cessation program (this includes local classes, Helpline counseling, or the Freedom from Smoking online program).