

# Quit Smoking Resources for Consumers

	Counseling Services	Resources and Benefits	Availability	Cost	How to Access
<b>Quit Smoking Programs in New York City</b>	Yes	Individual and group counseling and NRT*	Ongoing counseling; NRT* availability varies by program	Free	Call 311 or visit <a href="http://nyc.gov">nyc.gov</a> and search: <i>Health Map</i>
<b>New York State Smokers' Quitline</b>	Yes	Individual phone coaching in multiple languages and NRT* starter kit available for non-pregnant adults	Ongoing coaching and support	Free	Call 311 or 1-866-NY-QUITS (1-866-697-8487) or visit <a href="http://nysmokefree.com">nysmokefree.com</a>
<b>New York State Medicaid Benefit</b>	Yes	Counseling sessions and unlimited courses of medication. All 7 FDA-approved medications are covered with no prior authorization required.	Available to any NY resident who has Medicaid or Medicaid Managed Care	Counseling: standard copay may apply; Medication: co-pay for prescriptions (\$1 to \$3 per medication)	Talk to your healthcare provider. A prescription is needed for medication coverage.
<b>NYC Quits Website &amp; Facebook Page</b>	No, but support available via Facebook community	Information on how to quit smoking, cope with withdrawal and stay smoke-free	Ongoing	Free	Visit <a href="http://nyc.gov">nyc.gov</a> and search: <i>NYC Quits</i> or <a href="https://www.facebook.com/nycquits">Facebook.com/nycquits</a>
<b>NYC HelpMeQuit App</b>	No, but support available from others trying to quit via the Quit Buddies feature	Celebrates progress, offers tips to beat cravings, and includes games as distractions. Links to other resources, including NYS Quitline.	Ongoing	Free	Download from the Apple App Store or Google Play, or visit <a href="http://nyc.gov/health/apps">nyc.gov/health/apps</a> for more information
<b>NYC BigAppleRx Prescription Discount Card</b>	No	Discount on over-the-counter and prescription cessation medications (prescription required for all medications)	Ongoing	Card is free; medication costs vary (average savings 53% on generic drugs)	Call 311 or visit <a href="http://bigapplerx.com">bigapplerx.com</a> to print card or write down discount code to use at the pharmacy Also ask if pharmacies have their own discount programs

\*NRT=Nicotine Replacement Therapy

# Quit Smoking Resources for Providers

Use These Resources to Screen and Treat Your Patients ([Ask, Assist & Follow Up](#))

	Description	Resources	How to Access
<b>New York City Health Department</b>	Provider tobacco treatment resources, free training, patient education materials	<ul style="list-style-type: none"> <li>• Provider resources such as:               <ul style="list-style-type: none"> <li>➢ <a href="#">Treating Tobacco Use Online Learning Module 1 Free CME Credit</a></li> <li>➢ <a href="#">Coaching Guide<sup>†</sup></a></li> <li>➢ <a href="#">Prescribing Chart<sup>†</sup></a></li> </ul> </li> <li>• Other Provider Trainings and Resources</li> <li>• Patient Education &amp; Referral Materials               <ul style="list-style-type: none"> <li>➢ <a href="#">Still Smoking? The time to quit is now<sup>†</sup></a></li> <li>➢ <a href="#">Quit to Save Brochure [Español 中文 简化字 Русский বাংলা]</a></li> <li>➢ <a href="#">Quit Smoking Programs &amp; NYC Health Map</a></li> <li>➢ <a href="#">New York State Medicaid Benefit Information</a></li> </ul> </li> </ul>	Visit <a href="#">nyc.gov</a> and search: <i>Tobacco Clinicians</i>
<b>NYC Treats Tobacco</b>	Tobacco use and dependence health systems improvement	<ul style="list-style-type: none"> <li>• <b>NYC Treats Tobacco</b> provides tailored technical assistance and coaching to implement quality improvement strategies such as:               <ul style="list-style-type: none"> <li>➢ Updating Institutional tobacco use treatment policies and procedures</li> <li>➢ Streamlining efficiencies to support clinician interventions</li> </ul> </li> </ul>	Visit <a href="http://www.med.nyu.edu/pophealth/divisions/new-york-city-treats-tobacco">http://www.med.nyu.edu/pophealth/divisions/new-york-city-treats-tobacco</a>
<b>New York State Smokers' Quitline</b>	Quitline referral information and other resources	<ul style="list-style-type: none"> <li>• Free patient referrals via fax, online and/or Opt to Quit™ (systematically identifies tobacco-using patients, and automatically and securely refers smokers unless they opt out)</li> </ul>	Visit <a href="#">nysmokefree.com</a> and click on the <i>healthcare professionals</i> link from the MENU
<b>New York State Tobacco Focus on Integrated Treatment (FIT) Modules</b>	Modules created to address tobacco use among patients with serious mental illness and/or co-occurring disorders	<p><u>Three Tobacco Modules:</u></p> <ul style="list-style-type: none"> <li>• Practitioner tools for treating tobacco dependence</li> <li>• Understanding the use of medications to treat tobacco dependence</li> <li>• Implementing tobacco dependence treatment <i>Additional modules available on relevant topics, like motivational interviewing</i></li> <li>• Becoming tobacco free (<a href="#">video</a> for consumers)</li> </ul>	Visit <a href="#">practiceinnovations.org</a> and click on (FIT) Focus on Integrated Treatment under the 'I want to learn about...' tab
<b>Motivational Interviewing (MI)</b>	Evidence-based practice for addressing behavior change	<ul style="list-style-type: none"> <li>• Learn about MI and use free resources, such as trainings and videos:               <ul style="list-style-type: none"> <li>➢ The Ineffective Physician (MI demonstration)</li> <li>➢ The Effective Physician (MI demonstration)</li> </ul> </li> </ul>	<a href="#">motivationalinterviewing.org</a>  Visit <a href="#">YouTube</a> and search: <i>Ineffective Physician and Effective Physician</i>