

Thinking About Quitting Tobacco?

At MultiCare we partner with patients to promote healing and a healthy future. We know that quitting smoking can be tough, but it is one of the most important steps you can take to improve your health and a healthy future.

If you are interested in quitting smoking or vaping, we are pleased to inform you about MultiCare's Tobacco Cessation Program. This self-guided program is *free* and includes digital and hard copy resources, education, and support for your quit-smoking journey.

Here are some ways you can get started –

- **MyChart:** Download the [program guide](#). The guide can be printed if you prefer hard copy.
- **Email:** TobaccoCessationProgram@multicare.org to request a program guide be sent to your home. Be sure to include your address. If you would like telephone counseling, please request this in your email and include your phone number.
- **Website:** Visit MultiCare Tobacco Cessation Program at <https://www.multicare.org/tobacco-cessation> to view:
 - Things To Consider Before Your Quit Date
 - On Your Quit Day
 - Staying Smoke Free
- **Virtual Care:** Visit <https://www.multicare.org/virtual-care>
 - On website, create an account
 - Request a Virtual Care Visit to create a quit plan
 - Receive prescription for quit medications
- **Social Media:** Download free Quitter's Circle app from the App Store (for Apple devices) or Google Play (for Android devices).
When prompted, enter: Multicare
 - Create a Quit Team of supporters, including friends and family
 - Achieve badges and certificates for key milestones
 - Receive alerts on your Apple or Android smartwatch
- **Telephone Coaching**
Speak with a tobacco cessation coach to discuss ways to create an effective quit plan. Leave a message at 253-403-5096. We will return your call.