

Smoke Free - Quit Smoking Now App (Apple iOS & Android compatible)

Get help giving up smoking and help future quitters at the same time.



- Track money and time saved
- Track progress and health improvements
- Tips on dealing with cravings and recognizing patterns
- Challenges and missions

LIVESTRONG - MyQuit Coach App (Apple iOS & Android compatible)

Help in trying to quit cold turkey or gradually decrease your daily nicotine intake.



- Personalized plan
- Built-in community support
- Earn achievements
- Track cigarettes and cravings
- Track progress and money saved

quitSTART App (Apple iOS & Android compatible)

Targeted for teens, but adults can use it too.



- Tailored tips
- Challenges
- Games to curb cravings
- Inspiration
- Manage cravings
- Track progress

Ohio Medicaid Tobacco Cessation Treatment

Ohio Medicaid covers tobacco cessation treatment. The following managed care plans also cover some cessation counseling, medications and quit line services. Call for more information about each plan's options.

- Buckeye Community Health Plan - 1-866-296-8731
- CareSource - 1-800-488-0134
- Molina Healthcare of Ohio - 1-866-449-6848
- Paramount Advantage - 1-800-891-2542
- United Healthcare Community Plan - 1-800-600-9007

Ohio Medicaid Fee-For-Service plan also offers some support for tobacco cessation treatment. Call 1-800-686-1516 for more information.



This information is brought to you by the Tobacco-Free Collaborative (TFC), a local coalition of organizations and individuals working to reduce tobacco use and its harm. For more information on the Tobacco-Free Collaborative, contact:

Katie Stone, Columbus Public Health
Email: klstone@columbus.gov / Phone: 614-645-3173

Quit Smoking Today

Tobacco Cessation Services in Franklin County



**American Lung Association
Freedom From Smoking**



Phone: 614-279-1700 or 216-532-8207

E-mail: emily.lee@lung.org

- Helps individuals quit smoking for good
- Available in a variety of formats
- Call for pricing

**The Breathing Association
Lung Health Clinic**



Phone: 614-273-2843

- Individual coaching with a certified smoking cessation specialist
- Office hours: Mon/Wed/Fri, 8:30 a.m.-4 p.m.
- Mobile Medical Unit: Tue/Thu, 8:30 a.m.-4 p.m.
- Free for eligible individuals

**Central Ohio Primary Care Physicians
Smoking Cessation Program**



Phone: 614-865-3104

- Smoking cessation education, support, and resources for men and women 18 years and older
- Weekly, one-hour sessions for six weeks are currently being offered free of charge - call for class dates, times and locations

**Columbus Public Health
Baby & Me Tobacco Free**



Phone: 614-645-2135

E-mail: KMBeckett@columbus.gov

- Individualized program for pregnant mothers and one support person, including men (4 prenatal sessions + 12 postpartum sessions)
- Monthly diaper voucher will be provided for up to 12 months when you stay smoke-free after the baby is born
- Free for eligible individuals

**Columbus Public Health
Women's Health & Wellness Center**



Phone: 614-645-1850

- Individual smoking cessation education and support for men and women, including visit with a healthcare provider for nicotine replacement or other cessation medications
- Sliding scale fees

**Franklin County Public Health
Community Cessation Initiative (CCI)**



Phone: 833-224-QUIT (833-224-7848)

Fax: 833-233-9609

Email: CCIFCPH@franklincountyohio.gov

- Network of providers who offer individual and group tobacco cessation services. Providers include:
 - CompDrug
 - LSS Faith Mission Health Center
 - PrimaryOne Health
 - The Breathing Association
 - The Ohio State University Total Health & Wellness
- Available to ALL Franklin County residents
- Ohio Tobacco Quit Line services offered
- Incentives given to individuals who participate

**Ohio Department of Health
Ohio Tobacco Quit Line**



Phone: 1-800-QUIT-NOW (1-800-784-8669)

- Customized support and motivational phone sessions with quit coach
- Nicotine replacement options if eligible
- Over-the-phone coaching available 24 hours per day, 7 days per week
- Free for all Franklin County residents

**OhioHealth Dublin Methodist Hospital
Freedom From Smoking**



Phone: 614-544-8338

- 8-session small group
- Group and individual sessions for moms-to-be available
- \$25 for program includes workbook and CD

**The Ohio State University Wexner Medical Center
Ross Heart Hospital Smoking Cessation Clinic**



Phone: 614-293-0932

- One-on-one in-person office visits with a pharmacist
- Referral is not necessary to schedule an appointment
- Cost is dependent on insurance plan/coverage

**Wellness Collective
Freedom From Smoking**



Phone: 614-523-3213, ext. 1

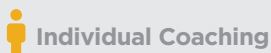
- 1-on-1 and group sessions and other tobacco cessation services
- Call for pricing



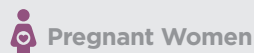
Online Course



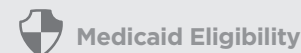
Group Sessions



Individual Coaching



Pregnant Women



Medicaid Eligibility



Phone Coaching