

# Smoking Cessation

P R O G R A M

## Cleveland Clinic Smoking Cessation Program

If you smoke cigarettes or use any other tobacco product, the Cleveland Clinic Smoking Cessation Program offers many options to help you. Your healthcare provider can make a referral for you, or you can call us at 216.448.8247. A navigator will help you create a customized approach to stopping. You will be able to choose from these options:

## Appointments

There are three types of appointments available:

- An office visit: This is a one-on-one approach where you go to an office and meet with the provider to discuss your options for quitting.
- Distance health visits: This type of visit can be completed via virtual visit or telephone visit. Virtual visits require a smartphone, tablet or computer with access to a webcam, microphone and Internet connection. You will need to sign up for MyChart prior to your virtual visit. Telephone visits can be completed via audio only if patient does not have access to the above.

## Pharmacotherapy

- Nicotine replacement therapy (patches, gum, lozenges, inhalers or nasal spray)
- Bupropion (Wellbutrin)
- Chantix

## Integrative and Lifestyle Medicine Services:

- Acupuncture
- Holistic Psychotherapy
- Meditation
- Yoga
- And more

## The eCoach program

- Expert tips tailored to you
- Behavioral replacements
- Recognizing individual triggers
- On your schedule

## Pharmacy consultation

You can meet with a pharmacist (either online or in person) to discuss smoking cessation medications, including:

- Nicotine replacement therapy: gum, patches, lozenges, inhalers or nasal spray
- Bupropion SR
- Varenicline (Chantix®)