

Smoke & Tobacco Cessation Resources

Please note that URL links, specific information about free nicotine replacement therapy (NRT), and other additional details are available at breathefree.ucdavis.edu/breathefree.

Helplines

These two telephone counseling helplines have been shown to double the chances of long-term quitting. Both operate out of UC San Diego. More information can be found at nobutts.org.

California Smokers' Helpline: 1-800-NO-BUTTS (622-8887)

(Available in English, Spanish, Korean, Vietnamese, Cantonese, and Mandarin)

California Tobacco Chewers' Helpline: 1-800-844-CHEW (2439)

Students

Student Health and Counseling Services' [Alcohol, Tobacco and Other Drugs Intervention Services](#) offers free cessation counseling for all students. Students should call (530) 752-6334 or log in to [Health e-Messaging](#) to make an appointment.

All registered students are eligible for a one-month (4 week) supply of nicotine replacement products (gum, patches, or lozenges). Free "quit kits" are also available.

Faculty and Staff

A summary of health plan benefits for UC employees is available on UC's [Living Well](#) tobacco cessation resources page. All UC-sponsored medical plans provide the following:

- Prescription nicotine replacement therapies, such as nicotine inhalers, sprays and medications, at no additional cost when prescribed by a physician.
- Over-the-counter nicotine replacement therapies such as nicotine patches and gum, when prescribed by a physician at the generic co-pay for UC Care, Health Net Blue & Gold and Western Health Advantage. Kaiser members have no copay. Under Core and the Health Savings Plan, these products will be subject to the deductible and coinsurance.

- You can participate in behavioral modification programs to help you quit smoking, but it is not required to receive these benefits.

All UC employees and family members who are enrolled in UC Care, Health Savings Plan, and Core Plan can join the American Cancer Society's Quit for Life program at no additional cost. Participants will receive online and phone support and free nicotine replacement therapy products (gum or patches). To enroll, call 1-866-QUIT-4-LIFE (1-866-784-8454) or visit <http://www.quitnow.net>.

The UC Davis Medical Center offers free **smoking cessation programs**, including a monthly support group, for all UC Davis employees.

The **Academic and Staff Assistance Program** offers free, confidential counseling for faculty and staff adapting to a tobacco-free workday.

Students, Faculty, and Staff

All registered students, faculty, and staff can get a free two-week supply of nicotine replacement therapy (NRT) from Rite Aid Pharmacy (655 Russell Blvd.) to help fight cravings. Free NRTs are only available at the 655 Russell Blvd. location and you must show a valid UC Davis ID.

Visitors

To provide support for campus visitors, UC Davis Stores will be selling NRTs at several of their retail stores: Welcome Center store, ARC Pro Shop, and Memorial Union store. Store hours are on the UC Davis Stores website, ucdavisstores.com.

Additional Online Resources

- campusmap.ucdavis.edu: shows locations on and off campus where students, faculty, staff, and visitors can find nicotine replacement therapy for free and for retail sale.
- nobutts.org: offers support for Medi-Cal members, which includes free nicotine patches and a \$20 gift card offer.
- smokefree.gov: offers a comprehensive collection of quitting resources and guides.
- KillTheCan.org: has free resources including a quitting forum, a chat room, and quitting groups, to help dip, snuff, and chewing tobacco users quit.
- **Tips From Former Smokers**: former smokers share their stories.