

Free Help to Quit Tobacco

All services listed here are free. You do not have to quit today. Support can make quitting easier and more comfortable when you decide to take a step.

Talk or Text With A Quit Coach, 24/7

Support on your schedule.

Oregon Quitline

- **Text:** READY to 34191
- **Call:** 1-866-784-8454
- **Web:** quitnow.net/oregon

English, Spanish, TTY available

Get Sport Online or Through An App

If you prefer tools you can use on your own time, these trusted options offer free help:

- **Smokefree.gov** - Free quit plans, text programs, apps and expert tips for adults, teens, veterans and people who are pregnant
- **American Cancer Society** - Step by step guidance to help you decide to quit and manage cravings
- **American Lung Association** - Tools, programs and support to help protect your lung health

Free Apps:

- **quitSTART** - Tips, motivation and tools to manage cravings
- **QuitGuide** - Track cravings and progress toward smoke free goals

Medication Can Make Quitting Easier

Nicotine patches and gum are covered free with a prescription through the Oregon Health Plan. Some pharmacies can prescribe quit medications.

Talk With Your Provider or Pharmacist

Your doctor, dentist or pharmacist can help you choose support, prescribe medication or connect you with counseling.



Connect with us:

Umpqua Health

Monday – Friday
8 AM – 5 PM

Phone: 541-229-4842
Toll free: 866-672-1551
TTY: 541-440-6304 | 711

Email: UHCustomerCare@umpquahealth.com

Website:
umpquahealth.com

Social Media:
[Facebook.com/
UmpquaHealth/](https://www.facebook.com/UmpquaHealth/)

Address:
3031 NE Stephens Street,
Roseburg, OR 97470

Need Help?

Umpqua Health Alliance Customer Care can help you select which resource option may be best for you.

If you need help, email us at CaseManagement@umpquahealth.com

Support for quitting vaping for ages 13 to 26: livevape-free.com



LANGUAGE SERVICES
Alternative Languages

English:

This document is available in other languages, large print, braille or format that suits your needs. You can also request a language interpreter. This help is free. Please call 888-788-9821 (TTY/TDD 711).

SERVICIOS DE IDIOMAS
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Español:

Puede obtener este documento en otros idiomas, en letra grande, en braille o en el formato que prefiera. También puede solicitar un intérprete. Esta ayuda es gratuita. Llame al 541-229-4842 o al 711.