

Olmsted County Tobacco Cessation Resources

Updated Sept. 2014



Quitting is hard... there is no other way to say it. However, every year over a million tobacco users do find a way to kick the habit. There are multiple resources available to help increase your chances of success. We hope the list below helps you in your journey to being tobacco-free!

OLMSTED COUNTY

Mayo Nicotine Dependence Center (\$)

200 First Street S.W. Rochester, MN
(507) 266-9392 or 1-800-344-5984

Smoking Cessation Clinic (Free)

Salvation Army-Good Samaritan Clinic
120 N. Broadway Rochester, MN
(507) 529-4100

Research Studies (Free)

Mayo Nicotine Research Program
Call the number below to see if you qualify for any of the tobacco research studies being conducted at Mayo Clinic.
1-800-848-7853 or (507) 266-1944

MINNESOTA QUITLINES

If you have one of these health plans call:

- **Blue Cross and Blue Shield** 1-888-662-BLUE
- **Blue Plus** 1-888-662-BLUE
- **CCStpa** 1-888-662-QUIT
- **First Plan of Minnesota** 1-888-662-BLUE
- **HealthPartners** 1-800-311-1052
- **Medica** 1-866-QUIT-4-LIFE
- **MCHA Members** 1-866-QUIT-4-LIFE
- **Metropolitan Health Plan** 1-800-292-2336
- **PreferredOne** 1-800-292-2336
- **UCare Minnesota** 1-888-642-5566

If you don't have a health plan or are uninsured call:

- **QUITPLAN** Services 1-888-354-PLAN
- **US DHHS** 1-800-QUIT-NOW
- **American Cancer Society** 1-800-ACS-2345
- **American Lung Association** 1-800-LUNG-USA

MOBILE APPLICATIONS

Multiple mobile applications have been created to help you track your progress. Here are just a few examples:

- **LIVESTRONG- MyQuit Coach**
iPhone
- **Quit Smoking**
Android
- **Quitter**
iPhone



PHONE-TEXTING PROGRAM

-HealthPartners (open to all)
Text: 'QUIT NOW' to 771199
To receive tips and support via text messaging on your phone.

FOLLOW US ON TWITTER

- @ClearWay MN
- @Smokefreegov
- @FDATobacco
- @CDCTobaccoFree
- @SmokefreeWomen

ONLINE PROGRAMS

- **Become an Ex**
www.becomeanex.org
- **Smoke Free**
www.smokefree.gov
- **QUITPLAN**
www.quitplan.com
- **Quit Net**
www.quitnet.com
- **Freedom From Smoking Online**
www.ffsonline.org
- **Quit for Life**
www.quitnow.net

