



Resources for Quitting Smoking

Stop Smoking, Clear the Air (90-minute workshop)

This workshop provides a supportive environment in which you can understand your tobacco addiction. It is designed to give an overview of how to successfully stop smoking by identifying common triggers and discussing steps to create an action plan that will work for you.

Courage to Quit® (multiweek program)

Courage to Quit is an evidence-based smoking-cessation program designed by the Respiratory Health Association. A trained health educator will help you understand your reasons for smoking and develop the skills to quit. You will learn tips for managing cravings and withdrawal symptoms and preventing relapse.

Emmi® Online Patient Tobacco Education (interactive web video)

If you are ready to stop smoking but are having difficulty, you are not alone. Northwestern Medicine offers you access to the Emmi online program "Thinking About Quitting Smoking." Learn about strategies for starting your new, smoke-free life. If you have any questions or need a prescription after viewing the Emmi program, contact your physician.

Self-register at goemmi.com and use access code NMWellness to log in.

Lung cancer screening for early detection

Early detection of lung cancer can save your life. Low-dose radiation screening is available for people at high risk for lung cancer. You may be a candidate for screening if you are 55 to 77 years old with no history of lung cancer, and either of these is true:

- You currently smoke, and have a 30-year, one-pack-a-day smoking history.
- You have quit smoking within the past 15 years.

Illinois Tobacco Quitline (telephone support and resources)

Registered nurses, respiratory therapists and tobacco-cessation specialists are on call to answer your questions and provide the support you need to stop smoking. Nicotine replacement therapies are available at no cost to enrolled clients who are 18 or older, medically eligible, and uninsured or have limited insurance. A co-payment may apply. Spanish-speaking counselors and live translation services for more than 200 languages are available. [866.QUIT.YES \(866.784.8937\)](tel:866.QUIT.YES) or quityes.org TTY for those who are deaf or hard of hearing, [800.547.0466](tel:800.547.0466)

To learn more about the smoking- and tobacco-cessation resources available at Northwestern Medicine visit nm.org or call:

Northwestern Memorial Hospital
312.926.8400, TTY 312.926.6363

Northwestern Medicine Lake Forest Hospital
847.535.7647, TTY 312.926.6363

Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital
630.933.4234 , TTY 630.933.4833
nm.org/westquitsmoking

Northwestern Medicine Huntley Hospital, Northwestern Medicine McHenry Hospital and Northwestern Medicine Woodstock Hospital
815.788.2269, TTY 815.759.8020

Northwestern Medicine Kishwaukee Hospital and Northwestern Medicine Valley West Hospital
815.748.8962, TTY 815.756.6448
nm.org/greaterdekalbcountyquitsmoking