

# Quit Tobacco Resources

*Veterans are quitting tobacco with tools from VA Health Care*



## **Break-Free from Tobacco Group**

**What:** Get Acupuncture, Medication and Help with Habit Change all in one visit!

**When:** Every Wednesday at 12pm

**Where:** Primary Care-Room 1632

**How:** Drop-in (no scheduling required)



## **Tobacco Cessation and Healthy Living Group**

**What:** Learn how to make changes with a focus on quitting tobacco. Referrals for additional support also provided.

**When:** Fridays 1-2pm

**Where:** Building 12 Room B105 or at your CBOC

**How:** In person drop-in. To attend at CBOC, call 515-323-1407



## **Virtual Quit Tobacco Class**

This course consists of 10 different videos, including a short introduction. It helps to start by watching the introduction video.

**Link to the online course:**

[www.visn23.va.gov/VISN23/VirtualEducation](http://www.visn23.va.gov/VISN23/VirtualEducation)



**Home Telehealth for Tobacco Cessation:** Easy-to-use equipment is provided for use in your home. You will be connected with a VA Registered Nurse who will monitor your daily quit tobacco data and support you on the path to becoming a former tobacco user.

**Where:** Comfort of home

**How:** Ask for a consult



## **PACT Pharmacy Consult for Tobacco Cessation**

**What:** Pharmacist medication therapy management involves working directly with a Clinical Pharmacy Specialist (CPS) provider for follow up with your tobacco cessation efforts. This may involve periodic phone calls or face-to-face visits, behavioral health coaching, and adjustments to medications.

**How:** Call 515-323-1458



**Annie Texting App for tobacco:** Annie can send you reminders to help you in your decision to quit using tobacco including setting a quit date.



**1-855-784-8838:** Free, telephone-based program that offers ongoing, individualized support to help you quit!

*Double Your Chances of Quitting with Support!*

**VA**



**U.S. Department of Veterans Affairs**

Midwest Health Care Network  
Central Iowa Health Care System