

**SMOKING CESSATION PROGRAMS**

	<b>Legacy</b>	<b>Adventist</b>	<b>Providence</b>	<b>Kaiser</b>
<p><b>General Description of Program</b></p> <p><b>Note:</b> For <b>CityCore &amp; CityNet</b> participants, all programs listed in this chart are paid as in-network with no deductible, regardless of your medical network. The Plan provides up to \$500 annually in benefits. To receive reimbursement for your expenses, you must submit your claim to ODS.</p> <p><b>Kaiser</b> participants are only eligible for the Kaiser program and must pay the member fees as outlined in this chart.</p>	<p><b>Stop Smoking</b></p> <p>4-session class over four weeks, generally from 6:30 to 8:30 pm.</p>	<p><b>Becoming Smoke-Free, Staying Smoke-Free</b></p> <p>2-session program and ongoing aftercare support group.</p>	<p>11 session smoking cessation class at either Providence Portland Medical Center or Providence St. Vincent Medical Center</p>	<p>Two programs, all forms of tobacco use 1) <b>Freedom From Tobacco</b> class, and 2) <b>Telephone-counseling</b> program.</p> <p><b>Freedom From Tobacco:</b> Six 1 ½-hour sessions focus on techniques and strategies to help participants end their dependence on tobacco, <i>second</i> class is the quit date.</p> <p><b>Telephone Counseling Program</b> Six call-in sessions with assigned tobacco-cessation counselor help participants create a plan to quit; ongoing support during term of participation in program.</p>
<b>Locations</b>	Class rotates at Legacy Hospitals Mount Hood - Gresham Good Samaritan – NW Emanuel – NE Meridian Park - Tualatin.	Adventist Medical Center 10123 SE Market St Portland, OR	Providence Portland Medical Center and Providence St. Vincent Medical Center	At various Kaiser facilities in Portland metro area, Vancouver and Salem.
<b>Frequency</b>	Class is one night per week for 4 weeks generally from 6:30 to 8:30 pm.	2 sessions over two weeks with ongoing support group.	Eleven 1½ hour sessions various evenings.	Usually day and evening option offered quarterly.  Sessions scheduled between 9 a.m. - 8 p.m., Monday through Friday.
<p><b>Description of program fees</b></p> <p>All fees are subject to change</p>	<p>\$95 for group class.</p> <p>\$155.00 for private sessions.</p>	\$20.00 for two sessions.	\$225.00 - 11 session class , includes medication at no additional cost	<p><b>Class:</b> Members: \$60 (+ \$40 deposit) Non-members: \$125 (+ \$40 deposit) The \$40 deposit will be returned at the end to participants who attend at least 5 of the 6 sessions.</p> <p><b>Telephone Counseling:</b> Kaiser members \$60 Non-members \$190</p>