

Ready to quit? We're here to help.

As a Kaiser Permanente member, you have access to resources proven to help you quit. And the more help you get, the better your chances of staying tobacco-free.



Learn more about how to live tobacco-free at kp.org/quitsmoking

¹Bo Zhang et al., "Duration of Nicotine Replacement Therapy Use and Smoking Cessation: A Population-based Longitudinal Study," *American Journal of Epidemiology*, April 1, 2015.

²Some classes may require a fee.

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