Quitting smoking is not an easy task. The Tobacco Cessation Program at Stanford Health Care focuses on providing the latest comprehensive, individualized, evidence-based treatment to help patients quit smoking or tobacco. The Program is covered by most insurance plans (except MediCal) and includes:

- One-on-one meeting to build motivation and develop an individualized treatment plan
- Group behavioral therapy
- Mindfulness skills coaching
- Support and education
- Streamlined referral for nicotine replacement therapy and medications

**Director:** Matthew Kendra, PhD

**Location:** Stanford University School of Medicine
401 Quarry Road
Stanford, CA

**For information call:** 650-498-9111
Select option 2 to join

**Providers:**

- In Epic, **Order Entry**, type “Refer to PathWell”
  Indicate this is for smoking or tobacco cessation program

- Call 650-498-6000, option 5. PathWell will then refer to Smoking Cessation Program