Quitting smoking is not an easy task. The Tobacco Cessation Program at Stanford Health Care provides physician coaching, medication, and counseling, offering patients a single resource to help them 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
- Easy access to 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

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Providers – Refer a patient in EPIC:  
- Open Order Entry  
- Type “Smoking” or “Tobacco” or “REF220”  
- Select: Referral to Tobacco Cessation Program  
- Sign and close