

Quit Smoking at Stanford

Stanford Tobacco Cessation Program

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

50%

Success Rate

9 months after
attending 8+ group
sessions

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 – Refer a patient in EPIC:

- Open **Order Entry**
- Type “Smoking” or “Tobacco” or “REF220”
- Select: **Referral to Tobacco Cessation Program**
- Sign and close



Stanford
HEALTH CARE
STANFORD MEDICINE