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

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**Providers – Refer a patient in EPIC:**
- Open Orders or Orders only encounter in Epic  
- In order entry field, type “Smoking”  
- Select Smoking (Referral to Psychiatry)  
- Complete form. Under Referred to: type “M. Kendra”  
- Associate diagnosis “tobacco use”. Accept, sign, close encounter.