

Community education, classes and support

Tobacco Cessation

Whatever your reason to quit, Samaritan Health Services has the program to help you.

Before classes begin, the client decides with their physician if they should use nicotine replacement products and/or prescription medications such as Bupropion (Zyban) and Varenicline Tartrate (Chantix) to help them quit. During classes participants review personal attempts at quitting, developing healthy lifestyle changes, setting a quit date and planning relapse prevention. Start the four-week class series at any time. An ongoing support group is also available for as long as you need it.

Quitting tobacco for life:

- Improves your health
- Improves the health of your family
- If you are pregnant, quitting improves your baby's health
- Saves you money
- Your house and car will be cleaner
- The more reasons you have to quit, the more likely you are to follow through with your quit plan.

Cost: \$115

(This program is a covered benefit under the Oregon Health Plan, Samaritan Select Health Plan and Samaritan Advantage Health Plan. Contact your insurance company or employer for benefit information).

Prerequisites: pre-registration and physician referral required.

Call to register: 877-768-STOP (7867)

Albany

Tuesdays, Call for times
Samaritan Albany General Hospital,
1046 Sixth Ave. SW

Corvallis

Mondays, 6 to 9 p.m.
Good Samaritan Regional Medical Center,
3600 NW Samaritan Drive

Lebanon

Thursdays
Samaritan Lebanon Community Hospital
525 N Santiam Hwy.

Lincoln City

Call for schedule
Samaritan North Lincoln Hospital,
3043 NE 28th St.

Newport

Wednesdays, every other month
Samaritan Pacific Communities Hospital,
930 SW Abbey St.

GSRMC: Good Samaritan Regional Medical Center

SAGH: Samaritan Albany General Hospital

SLCH: Samaritan Lebanon Community Hospital

SNLH: Samaritan North Lincoln Hospital

SPCH: Samaritan Pacific Communities Hospital

**Not all listings are affiliated with Samaritan Health Services.
This list is not meant to be an endorsement of any particular
organization or program.*



Samaritan
Health Services

www.samhealth.org